

# RECIPES FOR EVERYDAY

By  
Janet McKenzie Hill















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THE PROCTER & GAMBLE CO.  
CINCINNATI



## FOREWORD

“**R**ECIPES for Everyday” is a timely addition to the Crisco Library of household helps. To the housewife who is revising her menu after the days of conservation the book offers a choice of many new and tasteful foods. The end of conservation does not mean the beginning of extravagance. The more than two hundred tested recipes in this valuable book are a boon to the thrifty and the economical. To follow the directions carefully means profit to the housewife and pleasure to those she serves.

# INTRODUCTION



*"Preserve and treat food as your body, knowing that in time it will be your body."*

*"What a man eats that he is."*

*"Cleanliness is next to godliness."*

**I**N MANY homes much time, money, and effort are lavished on the dishes prepared for some special occasion, but the food that nourishes the several members of the family and supplies their working power is given scant attention. Certainly she who invites friends to her house and spends little or no thought on the food she sets before them is undeserving of friends, and will not be likely to retain them long. However, this matter in time will adjust itself, but families are long-suffering and often unable to diagnose their own conditions and needs. Let us, as house-keepers, always keep in mind that the three meals are the most important events in the day; all other endeavors are of secondary importance to these.

The diet of a family, also, must be regarded from an individual point of view. The selection of dishes depends upon the age, occupation, and state of health of the members thereof and must be made a subject of earnest thought and consideration. Great variety is not called for in the food of young children; in feeding them there are safe and sane rules that should be followed closely, but in dealing with school children of fourteen and above and the workers of the family, variety in food is a factor that must be reckoned with.

This variety may be secured in the foodstuffs themselves and also in the manner of their preparation. As, for instance, why have plain boiled potatoes every day in the week when well-prepared French-fried or scalloped potatoes will, by the introduction of surprise into the meal, be eaten with an avidity that augurs well for their digestibility and assimilation.

The woman who so feeds her family that she sees plump, rosy cheeks, clear eyes and complexions, a weight and height that correspond to the requirements of the age, bounding vitality and ability to work, and contentment with all, can ask nothing greater in life. She is doing her duty.



The actual food requirements for a family are very simple; milk for the young, milk or its equivalent (cheese, eggs, fish, meat) for the older members, *two or three ounces of fat daily for each individual*, just enough sugar to make the food palatable, potatoes and one other vegetable, some cereal food, as bread and oatmeal, and a little fresh or dried fruit. These are the essentials, and *in times of need or stress* the housekeeper may stick to this list pretty closely; but experience and facts tend to maintain the assertion that the better people are fed (and housed), the better will be their health and the greater their ability for work. Also the well-fed family is usually a contented family.

Good food does not necessarily mean expensive food. More depends on the care exercised in the kitchen than the sum spent at the market. It costs no more in money to serve a "good cup of tea" than one that is, to say the least, harmful. It costs less money to set before one's family carefully made-and-fried doughnuts, fritters, or croquettes than the same articles soaked with burned fat. To make a success of one's work in the kitchen, one must be willing to make a study of seemingly small details and not leave results to chance.

Mince pie and beef stew are most welcome dishes occasionally, but would not be relished every day. Crisp and soft dishes, liquid and solid foods, sweet and sour flavors should be made use of, first in one dish and then in another, and not in regular order or on set days; in this way the rule of variety will be met and the appetite retained. Crispness and a sort of caramel flavor may be secured by means of food fried in Crisco. This method of cooking, conducted with care, should not result in the use of an undue quantity of fat. With properly prepared food and Crisco at the right temperature, no appreciable quantity of fat is absorbed by the food; also, if the Crisco be not overheated and be strained after use to free it from flour, crumbs, or other foreign matter introduced with the food, it may be used over and over again.

In deep frying, do not wait for Crisco to smoke. Heat Crisco until a crumb of bread becomes a golden brown in 60 seconds, for raw dough mixtures, as crullers, fritters, etc.; 40 seconds, for cooked mixtures, as croquettes, codfish balls, etc.; 20 seconds, for French-fried potatoes. Seconds may be counted thus: one hundred and one, one hundred and two, etc.

The fat may be tested also by dropping into it a little piece

of the article to be cooked. When it rises to the top, bubbles vigorously, and browns quickly, the fat is hot enough. When fried foods absorb Crisco, it is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty, and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

In frying doughnuts or fritters you may know that the Crisco is at the right temperature for frying if the article dropped into it comes at once to the surface. Turn immediately and several times thereafter until the right shade of brown is acquired. With Crisco too hot the dough cooks before it has time to rise properly, and the result is an article of too close a texture. In addition to fat of proper temperature, turning the cake as soon as it comes to the top of the Crisco insures an even texture throughout.

Jellies and creams are not to be ignored in our search for variety in "everyday dishes;" but pastry made from clean, pure Crisco has a legitimate place in the dietary which nothing as yet has been able to supplant. For tender pastry, use Crisco freely and water sparingly.

In catering for a family today or in preparing "everyday dishes," great emphasis is rightly laid on thrift and economy. This does not mean going without those articles that are essential to a satisfactory and well-balanced meal, but it does mean that such painstaking care is given to all supplies from start to finish that the family receives full value from the money expended. In this care are included selection of good products (there are no bargains in food), right application of heat to retain succulence and juiciness, and proper storage and use of all materials left over.

In flavor, Mr. Finck says, lies the key to the whole food problem. Mr. Finck is right from every point of view. Where is the economy in buying fish and so preparing it that it is scarcely tasted by those at table? Cook it in the form of fish-balls or breaded filets, in Crisco, at such temperature that the delicate and volatile flavor of the fish is imprisoned and intensified, serve it with a sauce tartare carrying the flavors of onion, parsley, and olives, well-proportioned and blended, and neither fish nor sauce will be wasted.

Cleanliness is a factor in food products of which too much cannot be said; especially is this so in the case of all fats which readily absorb odors and flavors. Crisco is a vegetable product prepared



and packed without coming in contact with the human hand and in the most immaculate surroundings, and in point of cleanliness is far preferable for shortening purposes to so-called cooking butter. Vegetable fats are less liable to carry the germs of disease than are those of animal origin. Also the melting point of most animal fats is high, while that of fats of vegetable source, as Crisco, a pure vegetable oil, is low. It corresponds very nearly to that of the temperature of the human body. Fats with low melting point are more completely digested and assimilated than are those of high melting point. Thus, carefully refined vegetable oils are well adapted to supply the fat so necessary to our well-being. Crisco is a strictly pure and wholesome vegetable-oil product. As a food product and distinctive agent in cookery, it is now well past the experimental stage and can be employed with complete satisfaction.

## THINGS TO REMEMBER IN CONNECTION WITH THE RECIPES

When using, in place of butter, add salt, in the proportion of one level teaspoonful to one cupful of Crisco.

When there is smoke in the kitchen, Crisco has burned or heated too high for frying, or some may have been on the *outside* of the pan or kettle.

When using Crisco in your regular recipes remember that as it contains no moisture it is much richer than butter and, therefore, one-fourth less should be used.

In making sauces, thoroughly blend the flour and Crisco before adding the milk. In using melted Crisco in boiled dressing, croquettes, rolls, fritters, etc., be sure that the melted Crisco is cooled sufficiently so that the hot fat will not injure the texture of the foods.

Crisco, like butter, is susceptible to heat and cold. When too hard, simply put it in a warm place.

THE PROCTER & GAMBLE CO.

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KANSAS CITY, KANSAS  
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# CRISCO IN RECIPES FOR EVERY DAY



**W**OMEN who give most thought to the selection of food products insist upon having Crisco. The careful housewife fully understands that her success in cooking absolutely depends upon the quality of the ingredients she chooses. A variable cooking fat like lard, often having unpleasant odor and flavor, cannot give the pleasing, appetizing results insured by a clean, pure, tasteless, odorless, uniform fat like Crisco. The general run of cooking butter is more of a handicap than an aid in making foods delicious.

In Schools of Domestic Science everywhere students are taught that a vegetable fat like Crisco, which melts at less than body temperature, is more easily digested than animal fats. These young housekeepers of the days to come will be good cooks because they will have been drilled in the careful choice of the more wholesome food products.

Use Crisco in all recipes calling for a cooking fat. Foods are made delicious by its use. Crisco's delicacy improves all additions to your menu. Crisco is easily worked with all flours, and creams perfectly with sugar.

Crisco is a wholly vegetable cooking fat, the solid cream of wholesome, edible oils; so rich that less is required; so delicate that it makes foods delicious; of such unvarying purity and dependability that once tried, it immediately establishes a place as the ideal cooking fat, giving equally satisfactory results for shortening, in cake making, and for frying.

Cakes made with Crisco are as delicious as those made with the finest butter, and they stay moist and fresh unusually long.

None of the pastry made with Crisco is wasted. Crisco makes the crust delicate and flaky through and through. The under crust always is so light and tender, there is no suggestion of soginess or toughness.

Fat is saved in frying with Crisco because less of it is absorbed. Crisco gives up its heat so quickly that a rich, brown crust forms immediately. This action retains the delicate, natural flavors of the food and keeps the fat out. Crisco-fried foods, therefore, are unusually appetizing, digestible, and not at all greasy. The



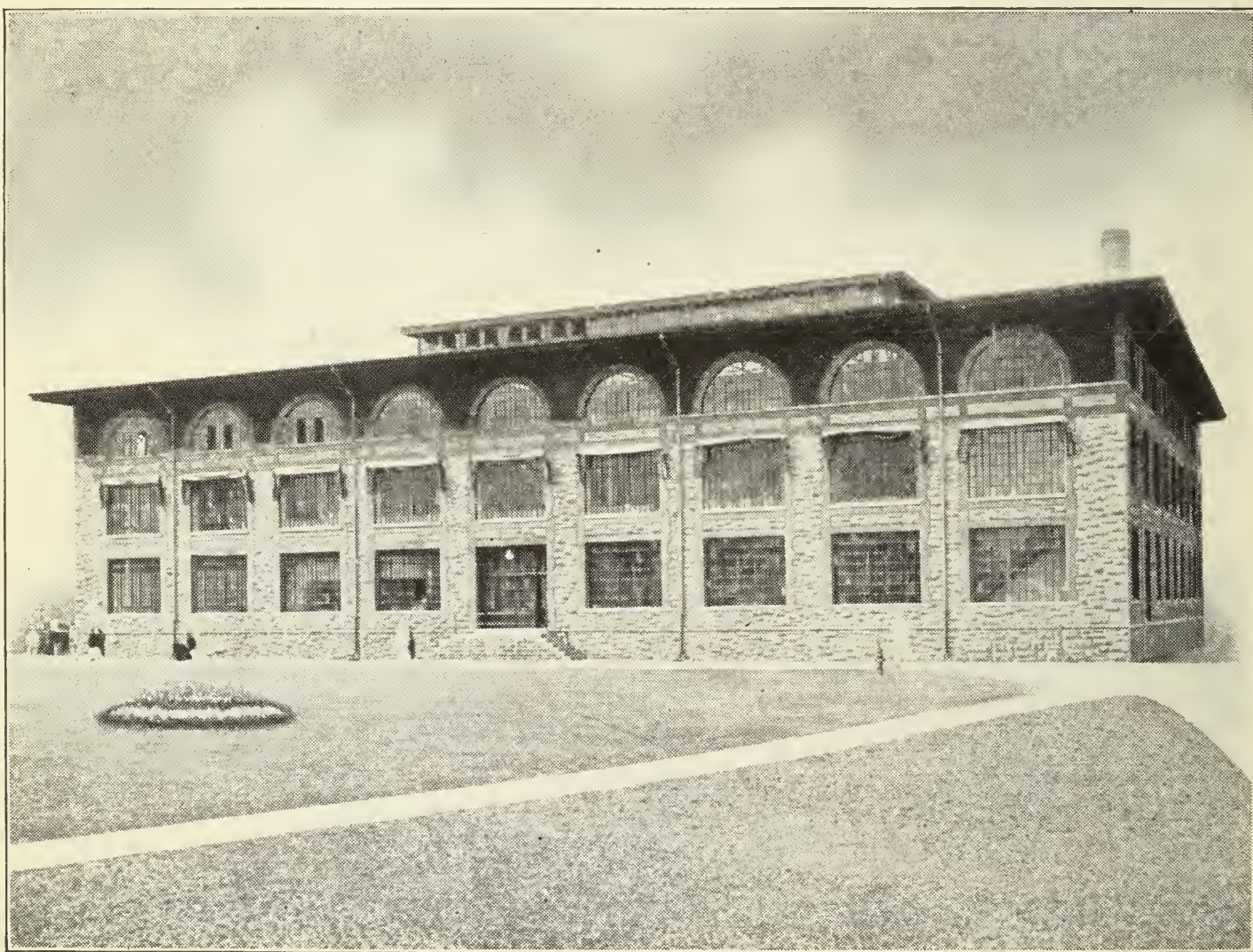
Crisco that remains can be used again and again. Simply strain it carefully. It retains no odor or taste of the foods fried in it.

Economy and conservation both result from the use of Crisco. It gives the best results for the least expenditure. The housewife who uses Crisco profits in actual money, because she uses less of it than of butter, and Crisco does not cost as much. Best cooks everywhere are enthusiastic about Crisco. It is a great aid to have a cooking fat that reduces living costs and produces tasteful and wholesome foods.

Crisco is Kosher, and is a "parava" or neutral fat. It can be used with both milk and flesh foods. Crisco sold to the Jewish trade carries a Kosher seal. All Crisco, whether marked or not, is Kosher and of identical purity.

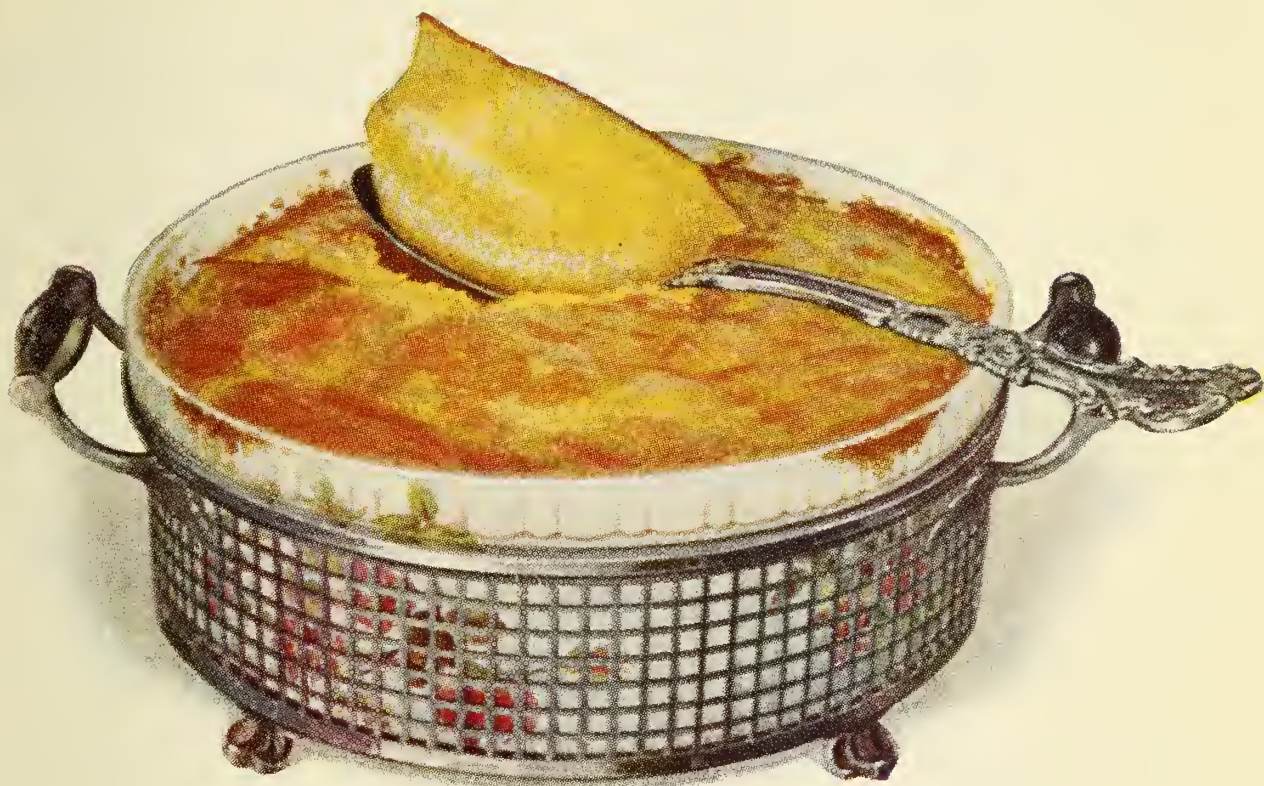
You can get Crisco in one-pound, sanitary, air-tight packages. You pay no more for it than for the same quantity of lard dug out of a pail. To use Crisco is a satisfactory economy. Try it.

THE PROCTER & GAMBLE CO.



WHERE CRISCO IS MADE





## VIRGINIA SPOON CORN BREAD

3 cupfuls boiling water  
1½ teaspoonfuls salt  
⅓ cupful breakfast hominy  
3 tablespoonfuls Crisco

¾ cupful milk  
3 eggs, beaten light  
1½ cupfuls corn meal  
2 teaspoonfuls baking powder

Add the salt to the water, set over a hot fire, and gradually stir in the hominy; let cook three or four minutes while stirring, then let cook undisturbed over boiling water thirty (30) minutes; add the Crisco, milk, the eggs and the corn meal sifted with the baking powder and mix all together thoroughly. Turn into a Criscoed baking dish (suitable for the table) and let bake 45 minutes. This will serve six or seven people, and is to be served with a spoon while hot.





## EGGS SCRAMBLED WITH PEAS

- |                                |  |
|--------------------------------|--|
| 4 eggs                         | $\frac{1}{4}$ teaspoonful black pepper |
| $\frac{1}{3}$ cupful milk      | 1 cupful cooked peas                   |
| $\frac{1}{3}$ teaspoonful salt | 2 tablespoonfuls Crisco                |

Beat the eggs with a spoon till a full spoonful can be lifted; add the milk, salt and pepper. Melt the Crisco in an omelet pan, turn in the egg mixture, cook and scrape from the pan until the egg begins to thicken; add the peas and continue to cook and scrape until creamy throughout. Turn on a hot plate. Serve at once.

## EGGS WITH CREAM AND CHEESE

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 tablespoonful Crisco          | $\frac{1}{4}$ teaspoonful paprika |
| $\frac{2}{3}$ cupful thin cream | 4 eggs                            |
| $\frac{1}{3}$ teaspoonful salt  | 3 tablespoonfuls grated cheese    |
| 4 slices toast                  |                                   |

Melt the Crisco in an omelet pan, turn the pan to coat the whole inner surface, put in the cream, salt and paprika. Break in the eggs. When the whites begin to grow firm, sprinkle on the cheese and let cook long enough to melt the cheese, when the eggs should be done. Remove with a skimmer to four slices of toast, and turn the liquid in the dish over the whole.

## POTATO AND EGG OMELET

- |  |                                   |
|--|-----------------------------------|
| 2 cold boiled potatoes                       | $\frac{1}{2}$ teaspoonful salt    |
| $\frac{1}{2}$ teaspoonful scraped onion pulp | 3 eggs                            |
| 1 tablespoonful fine-chopped parsley         | 3 tablespoonfuls hot water        |
| 2 tablespoonfuls Crisco                      | $\frac{1}{4}$ teaspoonful salt    |
|  | $\frac{1}{4}$ teaspoonful paprika |

Chop the potatoes, add the onion and parsley, melt the Crisco in the omelet pan, add the salt and potato mixture, and stir and cook until the potato browns somewhat and is very hot; meanwhile, beat the eggs, add the water, salt and paprika, and pour over the potato mixture; let stand a minute, then shake, and tip the pan to let the uncooked egg down on the hot pan. When all the egg is lightly cooked, roll and turn on a hot dish.

## SPANISH EGGS

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cupful rice             | 1 cupful tomato purée             |
| 3 tablespoonfuls Crisco               | 1 cupful meat broth or water      |
| 1 slice onion, chopped                | $\frac{1}{2}$ teaspoonful paprika |
| $\frac{1}{2}$ teaspoonful salt        | 4 fried or poached eggs           |
| 1 tablespoonful parsley, fine-chopped |                                   |

Heat the rice with a pint of cold water quickly to the boiling point, stirring with a fork meanwhile; let boil two minutes, drain, rinse in cold water. Put over the fire with the Crisco and onion and stir and cook until the fat is absorbed; add the salt, purée, broth, and paprika, and let cook over boiling water until done. Turn on a hot platter and set above it the eggs. Sprinkle the whole with the parsley. Serve at once.

## FRENCH OMELET WITH CREAMED ASPARAGUS

2 tablespoonfuls Crisco	1 cupful asparagus tips
1 tablespoonful cornstarch	3 eggs
$\frac{1}{4}$ teaspoonful salt	3 tablespoonfuls water
$\frac{1}{4}$ teaspoonful pepper	$\frac{1}{3}$ teaspoonful salt
1 cupful milk	$\frac{1}{3}$ teaspoonful black pepper
1 tablespoonful Crisco	

Melt the Crisco, add the cornstarch, salt and pepper, and stir until blended and bubbling, add the milk (or half milk and half water in which asparagus cooked) and stir until boiling; add the asparagus and keep hot. Beat the eggs until a full spoonful can be lifted, add the water, salt and pepper. Melt the Crisco in a smooth omelet pan, pour in the egg mixture; shake the pan, tilting it meanwhile to slide the cooked egg mixture from the bottom of the pan, and give place for the uncooked egg on the hot pan. When nearly set throughout, spread some of the sauce over the egg, roll the omelet and turn on a hot dish. Pour the rest of the asparagus and sauce around the omelet.

## EGGS IN NESTS

1 cupful cold pickled tongue or ham chopped fine	4 eggs
1 cupful cream sauce	4 slices tomato
1 pint hot mashed potato	4 tablespoonfuls cracker crumbs
	2 tablespoonfuls Crisco

Rub over the inside of a large shallow au gratin dish with Crisco. Stir the meat into the sauce and spread over the bottom of the dish. Above the meat, form four nests of mashed potato; break the eggs in the nests. Melt the Crisco, brush over the potato with part of the Crisco, stir the crumbs into the rest. Set the slices of tomato between the eggs, spread the crumbs over them. Cook in the oven till the eggs are done.

## EGGS WITH MUSHROOMS

$\frac{1}{3}$ cupful dried mushrooms	$\frac{1}{4}$ teaspoonful paprika
$\frac{1}{2}$ cupful cold water	$\frac{1}{2}$ cupful tomato purée
$\frac{1}{4}$ cupful Crisco	1 cupful rich brown stock
$\frac{1}{3}$ cupful barley flour	6 slices toast
$\frac{1}{2}$ teaspoonful salt	6 poached eggs

Soak the mushrooms in the cold water an hour or longer. Melt the Crisco, in it cook the flour, salt, and paprika, add the purée, stock, and water drained from the mushrooms, and stir until boiling; add the mushrooms chopped fine. Set the eggs on the toast and pour the sauce over the whole.

## FRIED EGGS

Melt about half a cupful of Crisco in a small frying pan; after it has been melted a few minutes (when it will brown a crumb of bread in 90 seconds) add half a teaspoonful of salt and break into it two or three fresh eggs; as soon as the eggs are "set" on the bottom, run a spatula beneath them to detach from the pan, if it is necessary; pour the Crisco over the yolks with a spoon until the egg is as firm as desired; remove with a skimmer to slices of cooked ham or to mounds of mashed or creamed potatoes or slices of toast. If the Crisco be kept at proper temperature, the eggs will look as if poached in water. They are particularly good cooked this way.



## THRIFT CUTLETS

4 hard-cooked eggs, cut fine	1 cupful chicken broth
$\frac{1}{2}$ cupful ham, cut fine	$\frac{1}{4}$ cupful rich milk
$\frac{1}{2}$ cupful chicken, cut fine	$\frac{1}{2}$ teaspoonful celery salt
$\frac{1}{3}$ cupful Crisco	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{2}$ teaspoonful salt	1 egg, uncooked
$\frac{1}{2}$ cupful flour	1 cupful bread crumbs
3 tablespoonfuls melted Crisco	

Prepare the solid ingredients, which should be kept rather coarse. Melt the Crisco, add the salt and flour, and stir and cook until frothy; add the broth and milk and stir until boiling, add the dry ingredients with the celery salt and paprika, mix and turn on a Criscoed plate. When cold, shape into eight cutlets, dip in the egg, beaten and mixed with its bulk of milk or water, and then in the crumbs mixed with the melted Crisco. Set on a Criscoed tin and let bake in a hot oven until hot throughout. Serve with peas, asparagus or creamed potatoes.

## EGGS SHIRRED WITH CREAMED ASPARAGUS TIPS

2 tablespoonfuls Crisco	$1\frac{1}{4}$ cupfuls asparagus tips (cooked)
2 tablespoonfuls flour	4 raw eggs
$\frac{1}{4}$ teaspoonful salt	4 tablespoonfuls cracker crumbs
$\frac{1}{4}$ teaspoonful pepper	1 tablespoonful melted Crisco
1 cupful milk	few grains of salt

Melt the Crisco, add the flour, salt and pepper; cook until blended and frothy; add the milk and stir until boiling; add the asparagus tips. Rub over the inside of four shirring dishes with Crisco; put in a spoonful of the creamed asparagus in each dish; break an egg above the mixture; cover with sauce and asparagus; sprinkle with the cracker crumbs mixed with Crisco and salt. Bake until the egg is cooked soft or hard as desired.

## CURRIED EGGS

4 hard-cooked eggs	$\frac{1}{2}$ tablespoonful curry powder
2 tablespoonfuls Crisco	$\frac{1}{4}$ teaspoonful salt
1 tablespoonful chopped onion	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls flour	1 cupful milk
1 teaspoonful lemon juice	

Cut the eggs in even slices. Melt the Crisco; in it cook the onion until softened and yellowed, add the flour, curry powder, salt and pepper, and stir and cook until well blended; add the milk and stir until smooth and boiling; add the lemon juice and eggs. Serve with potato, rice or fried hominy.

## EGGS WITH DRIED BEEF

Pick half a cupful of dried beef in bits, discarding all white threads. Melt one tablespoonful of Crisco in a saucepan, add the beef and stir and cook two or three minutes; add three-fourths a cupful of water, milk or tomato purée, and heat to the boiling point. Divide the mixture among four shirring dishes, break an egg above the mixture. Mix four tablespoonfuls of cracker crumbs with one tablespoonful of melted Crisco and one-fourth a teaspoonful of salt and sprinkle over the eggs. Cook in a moderate oven until the egg is "set." Serve at once in the shirring dishes.



## SARDINE OMELET

2 tablespoonfuls Crisco	3 tablespoonfuls of water
3 egg yolks, beaten light	$\frac{1}{3}$ teaspoonful salt
3 egg whites, beaten very light	$\frac{1}{3}$ teaspoonful pepper
1 box sardines	

Have the Crisco melting in the omelet pan. Mix the water, salt and pepper through the beaten yolks, fold in the whites and turn into the pan. Let stand on the range a moment, then set into a moderate oven to cook until a knife thrust into the center of the omelet shows no uncooked egg. Heat the sardines (carefully wiped) between two pans in the oven. Score the omelet at right angles to the handle of the pan. Lay the sardines across the lower half of the omelet, fold and turn on a hot dish. Serve at once. If preferred, the sardines broken into pieces of uniform size may be carefully mixed through a cup and a half of cream sauce before being spread between and around the omelet.

## HASHED MEAT WITH FRIED EGGS

When only a small quantity of tender, cooked meat is available (as chicken, boiled fore quarter lamb or ham), chop the meat; for a cupful of meat, prepare a cupful of sauce, using two tablespoonfuls each of Crisco and flour, one-fourth a teaspoonful each of salt and pepper, and a cupful of broth (liquid in which the meat was cooked) or milk. Heat the meat in the sauce. Dip the edges of four slices of toasted bread in boiling salted water, set them on a serving dish, spread them with the meat, and set an egg fried carefully in Crisco (see page 11) above the meat. Serve at once.

## EGGS IN CUPS WITH FINE HERBS

For each egg to be served, take two mushrooms, a teaspoonful of chopped parsley, a scraping of onion pulp, and one tablespoonful of Crisco. Chop the mushrooms, add the parsley and onion, and cook in the Crisco melted in a frying pan. Sprinkle part of the mixture over a Criscoed earthen cocotte or little cup, break in a fresh-laid egg, sprinkle with salt and pepper and the rest of the chopped material. Set the dishes in a pan of boiling water in the oven. Let cook from six to ten minutes according to the consistency desired. Serve in the cocotte with or without a tablespoonful of hot cream or tomato sauce poured over the egg. Fine soft bread crumbs or cream, one or both, may be mixed with the chopped ingredients before using.

## EGGS IN ONION PURÉE

Slice an onion, cover with boiling water, let heat quickly to the boiling point; drain, add two cupfuls of milk, two cloves, small piece of mace, and one-fourth a teaspoonful of salt; let simmer half an hour. Pick out the mace and cloves; press the onion through a purée sieve. Melt two tablespoonfuls Crisco, in it cook two tablespoonfuls flour, add the milk and onion, and stir until boiling; add half a cupful of fine stale bread crumbs, about half a teaspoonful of salt, and one-fourth a teaspoonful of black pepper. Let boil five minutes and turn into a Criscoed baking dish. Break three or four eggs into the dish. Let cook in the oven until the eggs are "set."



## GRAHAM BREAD

1 $\frac{1}{4}$  cupfuls scalded milk  
2 tablespoonfuls Crisco  
1 teaspoonful salt  
 $\frac{1}{3}$  cupful molasses

1 cake compressed yeast  
 $\frac{1}{2}$  cupful lukewarm water  
2 $\frac{3}{4}$  cupfuls graham flour  
1 $\frac{1}{2}$  cupfuls wheat flour

To the milk add the Crisco, salt and molasses; when lukewarm, stir in the yeast, mixed through the water and the flour. The dough should not be stiff enough to knead. Cover and let become light. Cut down and turn into a Criscoed bread pan. When again light, bake about one hour. The pan should be larger than the ordinary bread pan.

## POTATO BREAD (2 loaves)

1 cupful mashed potato  
2 tablespoonfuls Crisco  
2 tablespoonfuls sugar  
1 $\frac{1}{4}$  teaspoonfuls salt  
1 cupful scalded milk, or  
 $\frac{1}{2}$  cupful milk and  $\frac{1}{2}$  cupful

water in which potatoes were  
cooked  
 $\frac{1}{3}$  to 1 whole cake compressed yeast  
 $\frac{1}{2}$  cupful potato water cooled to  
lukewarm  
4 cupfuls (about) wheat flour

Melt the Crisco, sugar, and salt in the mashed potato; add the liquid, the yeast mixed in the half cupful of potato water and the flour and mix to a stiff dough. Knead thoroughly, adding flour as needed, as the dough softens on rising.

## WHOLE WHEAT BREAD (2 loaves)

2 cupfuls scalded milk, or  
part milk, part water  
2 tablespoonfuls Crisco  
1 teaspoonful salt

2 tablespoonfuls sugar  
 $\frac{1}{3}$  to 1 whole cake compressed yeast  
 $\frac{1}{2}$  cupful lukewarm water  
2 cupfuls wheat flour

4 cupfuls (about) whole wheat flour

Add the Crisco, salt, and sugar to the milk, and finish in the same manner as the other varieties of yeast bread. Use  $\frac{1}{3}$  cake yeast when mixing at night, whole cake when mixing in the morning.

## WHITE OATMEAL BREAD

1 cupful rolled oats  
2 cupfuls scalded milk, or  
1 cupful milk and 1 cupful water  
1 $\frac{1}{2}$  teaspoonfuls salt

1 tablespoonful sugar  
1 tablespoonful Crisco  
 $\frac{1}{3}$  cake compressed yeast  
 $\frac{1}{2}$  cupful lukewarm water

4 $\frac{1}{2}$  cupfuls (about) wheat flour

Put the hot liquid over the oats, add the salt, sugar and Crisco. When lukewarm add the yeast mixed with the half cupful of liquid and mix thoroughly. Stir in the flour. Knead until smooth and elastic, cover and set aside overnight. Shape into two loaves. When again light, bake 50 to 60 minutes.





## ONE-LOAF RAISIN BREAD

1 cake compressed yeast	2 tablespoonfuls sugar
$1\frac{1}{4}$ cupfuls scalded-and-cooled milk	3 tablespoonfuls Crisco, melted
$1\frac{3}{4}$ cupfuls (about) bread flour (wheat)	$\frac{3}{4}$ teaspoonful salt
	1 egg, beaten light
	$\frac{2}{3}$ cupful raisins
$2\frac{1}{4}$ cupfuls wheat flour	

Mix the yeast, broken in pieces, with  $\frac{1}{4}$  cupful of the milk; add to the rest of the milk with the first measure of flour and beat until smooth. Cover and let stand out of drafts until very light and full of bubbles; add the other ingredients and mix to a dough. Knead until smooth and elastic. Set aside to double in bulk; shape for a brick-loaf pan; when again light, bake one hour.

## TWO LOAVES RYE BREAD

- |                                       |  |
|---------------------------------------|--|
| 2 cupfuls scalded milk, or part water | 1 teaspoonful salt   |
| 2 tablespoonfuls Crisco               | $\frac{1}{3}$ cake compressed yeast                            |
| 2 tablespoonfuls molasses or sugar    | $\frac{1}{2}$ cupful lukewarm water                            |
|                                       | 4 cupfuls rye flour, wheat flour for dough that may be kneaded |

To the hot liquid, add the Crisco, sweetening, and salt; when lukewarm add the yeast mixed with the water and the flour; knead thoroughly. Set aside out of drafts to double in bulk. Shape into two loaves. When again doubled in bulk, bake about 50 minutes.

## CORN MEAL STICKS

- |                                  |  |
|----------------------------------|--|
| 1 cupful corn meal               | $\frac{1}{2}$ cupful hot cooked hominy |
| $\frac{3}{4}$ cupful wheat flour | $\frac{1}{4}$ cupful Crisco            |
| 4 teaspoonfuls baking powder     | 1 cupful milk                          |
| $\frac{1}{2}$ teaspoonful salt   | 1 egg, well beaten                     |

Sift together the meal, flour, baking powder and salt; melt the Crisco in the hominy, add the milk and egg. Turn into well-Criscoed bread stick pans. Bake about 20 minutes.

## OTHER CORN MEAL STICKS

Southern corn pone or any of the corn muffin recipes may be baked in bread stick pans.

## STEAMED DATE BREAD

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 cupful rye meal              | 1 teaspoonful salt            |
| 1 cupful corn meal             | 2 cupfuls thick sour milk     |
| 1 cupful whole wheat flour     | $\frac{2}{3}$ cupful molasses |
| 2 teaspoonfuls soda            | 1 cupful dates                |
| 2 tablespoonfuls melted Crisco |                               |

Sift together the meal, flour, soda and salt; add the sour milk, molasses and Crisco, and mix thoroughly. Rub over the inside of three baking powder boxes or two (pound size) cocoa tins with Crisco; put in some dates, rinsed in hot water, dried and cut in pieces; cover with dough; add more pieces of date, then dough, and alternate with dates and dough till all are used. Set to steam with cold water, that the mixture may rise before cooking. Steam three hours. The water must not stop boiling for at least two hours; replenish the water if needed with boiling water.

## PRUNE BREAKFAST CAKE

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 2 cupfuls wheat flour           | 3 tablespoonfuls Crisco           |
| 4 teaspoonfuls baking powder    | 1 egg, beaten light               |
| $\frac{3}{4}$ teaspoonful salt  | $\frac{1}{2}$ cupful milk (about) |
| $\frac{1}{2}$ lb. cooked prunes |                                   |

Rub over a baking dish with Crisco, turn into it the prunes from which the stones have been taken; add the juice, which should be well reduced in cooking. Sift together the flour, baking powder, and salt, and cut in the Crisco; add the milk to the egg and use in mixing the dry ingredients to a soft dough. Spread the dough over the prunes. Bake about 25 minutes. Serve, cut in squares, with sugar and cream or butter. The egg may be omitted by using a little more milk. Apricots, apples and other fruit may be used in the same manner.





## COFFEE CAKE

1 cake compressed yeast  
 $\frac{1}{4}$  cupful lukewarm water  
 1 cupful scalded and cooled milk  
 $1\frac{3}{4}$  cupfuls wheat flour (about)  
 $\frac{3}{4}$  teaspoonful salt  
 $\frac{1}{4}$  cupful sugar

$\frac{1}{3}$  cupful melted Crisco  
 1 egg, beaten light  
 3 cupfuls wheat flour (about)  
 egg white  
 3 tablespoonfuls sugar  
 1 tablespoonful cinnamon

$\frac{1}{4}$  cupful sliced almonds

Mix the yeast with the water; add to the milk with flour for the sponge and beat until smooth; cover and let become light; add the salt, sugar, melted Crisco, egg, and flour as needed for soft dough. Beat until smooth, cover and set aside to become doubled in bulk; cut down and spread in a pan rubbed over with Crisco. When again light brush the top of the cake with egg white, dredge with the sugar and cinnamon and sprinkle on the nuts. Bake about 25 minutes. Use a pan about 10 x 8 inches.

Recipe for Philadelphia Butter Buns (herewith illustrated) on page 27.

## BRAN BREAD

1 $\frac{2}{3}$ cupfuls wheat flour	$\frac{1}{2}$ cupful molasses
1 $\frac{1}{2}$ teaspoonfuls soda	1 egg, beaten light
1 teaspoonful salt	1 tablespoonful melted Crisco
1 $\frac{1}{2}$ cupfuls bran	1 $\frac{1}{2}$ cupfuls sour milk
$\frac{1}{2}$ cupful raisins, if desired	

Sift together the flour, soda and salt; add the bran and the other ingredients; mix to a dough; bake in a moderate oven about 50 minutes.

## PARKER HOUSE ROLLS

1 cake compressed yeast	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cupful scalded and cooled milk	1 tablespoonful sugar
1 cupful scalded and cooled milk	$\frac{1}{4}$ cupful melted Crisco
1 $\frac{1}{2}$ cupfuls wheat flour	1 cupful rice flour
2 $\frac{1}{2}$ cupfuls wheat flour (about)	

Soften the yeast in the one-fourth cupful of milk, mix thoroughly and add to the cupful of milk, and stir in the flour; use enough to make a batter that is easily beaten; beat until smooth, cover and let stand until light; add the other ingredients and mix to a soft dough. Add the last of the flour, carefully, to avoid a stiff dough. Knead until smooth and elastic. Wash the bowl and brush over the inside with Crisco; put in the dough, cover and let stand to double in bulk. Carefully turn the dough upside down on the board, very lightly dredged with flour; pat with the rolling pin and roll into a sheet half an inch thick. If directions have been followed the dough may be rolled out with but a few motions of the pin. Lift the dough (that it may "fly back" into place now rather than after the rolls are cut out); cut into rounds, brush over one-half of each round with melted Crisco and fold in the center. Set close together in a Criscoed pan.

When doubled in bulk, bake about half an hour. For a crusty exterior, brush over the top of the cooked rolls with slightly beaten white of egg; for a soft crust, brush over with thin starch, and in both cases return to the oven to set the glaze. Both the egg and starch should be well rubbed in. To make the starch stir two teaspoonfuls of cornstarch with a little cold water, then pour on half a cupful of boiling water and let boil ten minutes.

## HOT SANDWICHES

Spread any variety of stale bread cut for sandwiches with butter and a thick layer of grated cheese (dry). Sprinkle with salt and paprika and press together corresponding slices or shapes. Melt three or four tablespoonfuls of Crisco in a frying pan, lay in the sandwiches and when delicately browned on one side, turn to brown the other side. If the bread be very stale, beat an egg, add half a cupful or more of milk, with a dash of salt and pepper, and soften the sandwiches in this before frying them.

## EPICUREAN SANDWICHES

6 olives	cooked salad dressing
1 or 2 chicken livers	bread cut for sandwiches

Chop the olives fine, mash the cooked livers smooth, mix the olives and livers with enough dressing to make a smooth paste, and use as a filling for any variety of bread.



## RICE MUFFINS

2 tablespoonfuls Crisco	1 cupful wheat flour
2 tablespoonfuls sugar	4 teaspoonfuls baking powder
1 egg, well beaten	1 teaspoonful salt
1 cupful boiled rice	1 cupful milk

Cream the Crisco; beat in the sugar, the egg, and rice (grains should be distinct), and beat thoroughly. Mix and sift flour, baking powder and salt. Add, alternately, with milk to first mixture. Beat well; bake in moderate oven about 25 minutes.

## DELICATE CORN MEAL MUFFINS

1 cupful scalded milk	1 tablespoonful Crisco
$\frac{1}{2}$ cupful corn meal	1 egg, beaten light
1 cupful cold milk	1 cupful wheat flour, or
$\frac{1}{2}$ teaspoonful salt	1 cupful oat flour
3 teaspoonfuls baking powder	

Mix the corn meal with the cold milk and salt, and stir into the scalded milk. Stir and let cook to a thick mush; add the Crisco and cool a little; add the egg and flour sifted with the baking powder, and mix thoroughly. Bake in a hot well-Criscoed muffin pan about 20 minutes.

## MUFFINS

2 cupfuls barley flour	1 egg, beaten light
1 cupful corn flour	$\frac{1}{4}$ cupful molasses
4 teaspoonfuls baking powder	3 tablespoonfuls melted Crisco
$1\frac{1}{2}$ teaspoonfuls salt	$1\frac{1}{4}$ cupfuls milk

Mix and sift dry ingredients; add egg, molasses, Crisco and milk; beat well; bake in hot Criscoed muffin pans, in a moderate oven, about 25 minutes.

## BRAN MUFFINS

1 cupful wheat flour	$\frac{3}{4}$ teaspoonful salt
$\frac{1}{2}$ cupful corn flour or meal	1 cupful purified bran
$\frac{1}{2}$ cupful rye meal	$\frac{1}{4}$ cupful molasses
1 teaspoonful soda	3 tablespoonfuls melted Crisco
2 teaspoonfuls baking powder	1 egg, beaten light
2 cupfuls buttermilk	

Sift together the first six ingredients; add the others and mix thoroughly. Bake about 25 minutes in a hot well-Criscoed muffin pan (preferably iron). The recipe makes 18 muffins.

## OATMEAL MUSH MUFFINS

1 cupful warm oatmeal	4 teaspoonfuls baking powder
4 tablespoonfuls Crisco	1 teaspoonful salt
$\frac{1}{4}$ cupful sugar	1 egg, beaten light
1 cupful flour or corn meal	$\frac{1}{2}$ cupful milk (about)

Left-over mush may be reheated; in it melt the Crisco, add the dry ingredients sifted together, then the egg and milk, and mix thoroughly. Bake in a hot, well-Criscoed iron muffin pan about 25 minutes.



## CORN BREAD

$\frac{1}{2}$  cupful Crisco

$\frac{1}{2}$  cupful sugar

3 egg yolks

$1\frac{1}{4}$  cupfuls sweet milk

$\frac{7}{8}$  cupful corn meal

3 cupfuls sifted pastry flour

5 teaspoonfuls baking powder

1 teaspoonful salt

2 egg whites, beaten dry

Cream the Crisco, beat in the sugar, then the yolks, beaten light. Sift together the corn meal, flour, baking powder and salt, add to the first mixture alternately with the milk, then beat in the whites of eggs. Bake in a well-Criscoed pan about 25 minutes.



## SOUR-MILK OR CREAM MUFFINS

1½ cupfuls wheat flour	1½ teaspoonfuls baking powder
½ teaspoonful salt	1 egg, beaten light
½ teaspoonful soda	3 tablespoonfuls Crisco, melted
1 cupful thick sour cream or sour milk	

Sift all the dry ingredients together into a bowl; add the egg, Crisco and cream, and beat thoroughly. Bake in a well-Criscoed muffin pan or in Criscoed rings set on a hot griddle. When baked on the griddle, turn when the first side is baked to bake the other side.

## EVERY-DAY CORN MEAL MUFFINS

1 cupful corn meal	¼ cupful sugar
1 cupful whole wheat flour	1 egg, beaten light
4 teaspoonfuls baking powder	1¼ cupfuls milk
½ teaspoonful salt	2 to 3 tablespoonfuls melted Crisco

Sift together the dry ingredients, add the milk and egg and mix thoroughly; beat in the Crisco. Bake in a hot, well-Criscoed muffin pan about 25 minutes.

## JOHNNYCAKE

1½ cupfuls flour	2 tablespoonfuls sugar
½ cupful corn meal	1 tablespoonful melted Crisco
½ teaspoonful salt	1 egg
4 teaspoonfuls baking powder	1 cupful milk

Mix and sift dry ingredients; add melted Crisco, then egg and milk. Mix well and bake in a well-Criscoed pan in a hot oven. Time depends upon thickness of loaf.

## RYE MEAL POP-OVERS

⅔ cupful rye meal	1 cupful milk
⅓ cupful wheat flour	2 eggs
⅓ teaspoonful salt	1 tablespoonful melted Crisco

Pass the dry ingredients through the sieve together; remove any straws in sieve and add bran to other ingredients; add milk, eggs and Crisco, and beat with a Dover egg-beater until smooth. Turn into very hot, well-Criscoed iron muffin pan. Bake about 40 minutes.

## CANADIAN OAT MUFFINS

Canadian oat flour is rather coarser than graham flour. Either this or the oat flour ground in the United States, or rolled oats ground in a food chopper, makes good muffins.

1 cupful oat flour	4 teaspoonfuls baking powder
1 cupful wheat flour	1 egg, beaten light
¼ cupful sugar	1 cupful milk (about)
¾ teaspoonful salt	3 tablespoonfuls melted Crisco

Sift all the dry ingredients together. If the oat flour is coarse and does not pass through the sieve, remove any straws that are present, and add the rest to the other dry ingredients. Stir in the egg, milk and Crisco. Bake in hot Criscoed pan about 25 minutes.



## GRAHAM POP-OVERS

3 eggs, beaten light

2 cupfuls milk

1 cupful Graham flour

1 cupful wheat flour

1 tablespoonful sugar

1 teaspoonful salt

2 tablespoonfuls melted Crisco

Add the milk to the eggs; sift together the dry ingredients; gradually beat the dry ingredients into the liquid, using an egg beater; lastly, beat in the Crisco. Bake in hot well-Criscoed glass or other cups nearly one hour.



## NUT DOUGHNUTS

$\frac{1}{2}$ cupful sugar	$\frac{1}{2}$ teaspoonful ground nutmeg
1 egg	$\frac{1}{4}$ cupful chopped nuts
$\frac{3}{4}$ cupful buttermilk	1 tablespoonful melted Crisco
$3\frac{1}{2}$ cupfuls wheat flour	$\frac{1}{2}$ teaspoonful soda
1 teaspoonful salt	3 teaspoonfuls baking powder

Cream together the melted Crisco and sugar. Add the egg beaten very light and the buttermilk mixed with the soda. Mix the dry ingredients thoroughly and add to the mixture. Lastly, add the chopped nuts. Roll out on a floured board to one-quarter inch thickness. Cut with a doughnut cutter and fry in Crisco until a golden brown. If you use a thermometer, the temperature should be 360° F. Raisins, currants, figs or dates may be used to vary the recipe.

## LENTEN FRITTERS

2 cupfuls hot milk	$\frac{1}{4}$ cupful sugar
$\frac{1}{2}$ cupful fine corn meal	2 egg yolks
$\frac{1}{2}$ teaspoonful salt	grated rind 1 lemon or orange

Sift together the corn meal, salt, and sugar, then stir vigorously while gradually sprinkling into the hot milk; continue to stir until the mixture thickens, then cover and let cook one hour or longer, stirring occasionally; add a little of the hot mush to the yolks and grated rind, mix and stir into the rest of the hot mixture; beat thoroughly, then cover and let cook about two minutes. Turn into a Criscoed shallow pan to make a sheet half an inch deep. When cold, cut into rings with a doughnut cutter; dip the rings in flour and fry in hot Crisco; drain on soft paper, sprinkle with powdered sugar and serve at once.

## QUICK RYE MEAL YEAST BISCUIT

1 cupful milk, scalded and cooled	$\frac{1}{4}$ cupful Crisco, melted
1 cake compressed yeast	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cupful lukewarm water	1 tablespoonful sugar
$1\frac{1}{2}$ cupfuls wheat flour (about)	$1\frac{1}{4}$ cupfuls wheat flour (about)
$\frac{1}{2}$ cupful rye meal	

Soften and mix the yeast with the lukewarm water and add to the milk with the flour. Beat until smooth, cover, and let stand to become very light; add the Crisco, salt, sugar and flour, and mix to a dough. Knead and set to rise in a clean Criscoed bowl. When light, turn upside down on a board, roll into a sheet, cut into rounds, and set into a Criscoed pan. When again light bake about 20 minutes.

## RYE MEAL BISCUIT (baking powder)

$\frac{1}{2}$ cupful rye meal	$\frac{1}{2}$ teaspoonful salt
$1\frac{1}{2}$ cupfuls wheat flour	2 to 3 tablespoonfuls Crisco
4 teaspoonfuls baking powder	$\frac{3}{4}$ cupful milk (about)

Sift together the dry ingredients; remove straws, if present, from the bran (rye), and add to the sifted ingredients. Cut in the Crisco; add the milk, a few drops at a time, and mix to a dough. Turn on a floured board to coat slightly, knead, roll in a thin sheet, and cut in rounds; bake in a hot oven.

## BAKING POWDER BISCUIT

2 cupfuls wheat flour	$\frac{1}{2}$ teaspoonful salt
4 teaspoonfuls baking powder	4 tablespoonfuls Crisco
$\frac{2}{3}$ cupful milk or water (about)	

Pass together through a sieve, three times, the flour, baking powder and salt. With two knives or finger tips, work in the Crisco; add the liquid, a little at a time, mixing with a knife, meanwhile, to a soft dough, but one that can be handled. Turn the dough upon a floured board and turn with a knife until lightly floured, then knead lightly with the hands to get it into a smooth mass; pat with the rolling pin and roll into a sheet about three-fourths an inch thick; cut into rounds; set these close together in a Criscoed pan and bake from 15 to 20 minutes.

## DROP BISCUIT

2 cupfuls wheat flour	4 teaspoonfuls baking powder
1 teaspoonful salt	3 tablespoonfuls Crisco
1 cupful milk	

Mix and sift together the flour, salt and baking powder; cut in the Crisco with two knives or work it in with the tips of the fingers; mix to a soft dough with the milk; drop from a spoon on a Criscoed bakingpan. Bake in a quick oven.

## POTATO BISCUIT

$1\frac{1}{2}$ cupfuls pastry flour	1 cupful mashed potato
3 teaspoonfuls baking powder	$\frac{1}{4}$ cupful Crisco
1 teaspoonful salt	$\frac{1}{2}$ cupful milk (about)

Sift together the flour, baking powder and salt; add the potato pressed through a ricer, cut in the Crisco, then use milk, as needed, to mix to a dough that cleans the bowl. Turn on a floured board with the knife to coat with flour; knead slightly, then pat and roll into a sheet. Cut in rounds and bake about 15 minutes in a quick oven.

## CORN CRUST

2 cupfuls corn meal	1 teaspoonful sugar
2 tablespoonfuls Crisco	2 cupfuls boiling water
$1\frac{1}{2}$ teaspoonfuls salt	1 egg, beaten light

Pour the boiling water over the first four ingredients and mix thoroughly; beat in the egg. Spread thin in small well-Criscoed biscuit pans. Smooth with a knife wet in cold water. Score for cutting or breaking into portions. Bake in a quick oven about 10 minutes, or until delicately browned. These burn easily and must be watched while cooking.

## RICE PUFFS

1 cupful boiled rice	2 egg yolks, beaten light
$\frac{1}{2}$ teaspoonful salt	2 egg whites, beaten very light
1 tablespoonful Crisco	

The grains of rice should be distinct, preferably hot, add the salt, Crisco, and yolks, then fold in the whites. Drop by tablespoonfuls in Criscoed tins. Bake in a quick oven.



## QUICK BUCKWHEAT GRIDDLECAKES

1 cupful buckwheat flour	3 teaspoonfuls baking powder
$\frac{1}{3}$ teaspoonful salt	1 cupful cold water
1 tablespoonful sugar	$\frac{1}{4}$ cupful milk
1 tablespoonful melted Crisco	

Sift the dry ingredients together twice, add the other ingredients and mix. Bake at once on a hot griddle.

## CORN FLAKE GRIDDLECAKES

1 cupful wheat flour	1 egg, beaten light
2 teaspoonfuls baking powder	1 cupful milk
$\frac{1}{2}$ teaspoonful salt	1 tablespoonful melted Crisco
1 cupful corn flakes	

Sift together the first three ingredients, add the others in the order enumerated and mix. Bake at once on a hot Criscoed griddle. A little more milk may be needed, but do not add until after baking one cake.

## PLAIN RICE GRIDDLECAKES

1 cupful hot, boiled rice (grains distinct)	1 egg, beaten very light
1 tablespoonful Crisco	1 cupful wheat flour
1 cupful milk	2 teaspoonfuls baking powder
	$\frac{1}{2}$ teaspoonful salt

Melt the Crisco in the hot rice; add the milk and egg, and the flour sifted with baking powder and salt. Mix thoroughly and bake at once on a hot griddle.

## OATMEAL GRIDDLECAKES

1 cupful cold cooked oatmeal	1 egg, beaten very light
$\frac{1}{2}$ teaspoonful salt	1 cupful wheat flour
$\frac{1}{2}$ cupful boiling water	$1\frac{1}{2}$ teaspoonfuls baking powder
$\frac{1}{2}$ cupful sour or buttermilk	$\frac{1}{3}$ teaspoonful soda

Mix the oatmeal, salt, and boiling water to a smooth consistency; add the milk, egg, and flour sifted with the baking powder and soda, and mix. Bake on a hot griddle rubbed over with Crisco.

## RICE GRIDDLECAKES (no milk)

$\frac{1}{2}$ cupful rice	2 egg yolks
3 cupfuls boiling water	1 cupful wheat flour
1 teaspoonful salt	2 teaspoonfuls baking powder
$1\frac{1}{2}$ cupfuls sifted rice	2 egg whites, beaten light
$\frac{1}{4}$ teaspoonful salt	2 tablespoonfuls melted Crisco

Wash or blanch the rice, then cook in the water with the salt till tender. Press the rice through a ricer or sieve; the rice will now be quite liquid as all the water is to be retained; this is the rice of which one and one-half cupfuls are to be taken; add the salt, yolks and flour, sifted with the baking powder, and mix, then beat in the whites and Crisco. Bake at once on a hot griddle.

## BREAD-CRUMB GRIDDLECAKES

1 egg yolk	2 cupfuls flour
$\frac{3}{4}$ cupful milk	2 teaspoonfuls salt
$\frac{3}{4}$ cupful water	8 teaspoonfuls baking powder
$2\frac{1}{2}$ cupfuls bread crumbs	1 tablespoonful melted Crisco
1 egg white	

Soak stale bread until sufficiently soft. Squeeze as dry as possible. Then crumble and measure. Beat egg yolk well, add milk, water, bread crumbs, flour, salt, baking powder, and melted Crisco. Beat the egg white and add it. Fry on a well-Criscoed griddle. This recipe makes about two dozen medium-sized cakes.

## SOUR MILK GRIDDLECAKES

1 cupful sour or buttermilk	2 teaspoonfuls baking powder
1 egg, beaten light	$\frac{1}{3}$ teaspoonful soda
$1\frac{1}{4}$ cupfuls wheat flour	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls melted Crisco	

Add the milk and egg to the flour, baking powder, soda, and salt, sifted together; mix, add the Crisco, and beat in thoroughly. Bake on hot, Criscoed griddle. Bake one cake; if too thick, add a tablespoonful of sweet milk or water; if too thin, add a tablespoonful of flour.

## SOUTHERN CORN PONE

2 cupfuls scalded milk	3 tablespoonfuls Crisco
1 cupful Indian meal	2 eggs, well beaten
1 teaspoonful salt	$1\frac{1}{2}$ teaspoonfuls baking powder

Pour the hot milk gradually over the meal, salt, and Crisco, stirring constantly meanwhile; let cool a little, then beat in the eggs and the baking powder. Turn into a Criscoed baking dish. Bake in a moderate oven about 35 minutes.

## RICE WAFFLES

$1\frac{1}{2}$ cupfuls wheat flour	1 cupful boiled rice, grains distinct
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls melted Crisco
3 teaspoonfuls baking powder	$1\frac{1}{4}$ cupfuls rich milk
2 eggs, beaten separately	

Sift all the dry ingredients together; add the rice, Crisco, and beaten yolks with the milk, and mix all together; beat in the whites. Bake at once on hot, well-Criscoed waffle iron.

## CRUST FOR MEAT PIE

$1\frac{1}{2}$ cupfuls wheat flour	$\frac{1}{2}$ teaspoonful salt
3 teaspoonfuls baking powder	2 tablespoonfuls Crisco
milk for soft dough	

Sift dry ingredients together; cut in Crisco, and add milk gradually. Toss on floured board, and roll to fit the dish. Cut slits at the center, and set in place over the meat. Bake about 20 minutes.



## THICK INDIAN PANCAKES

2 cupfuls corn meal  
 $\frac{3}{4}$  teaspoonful salt  
1 tablespoonful Crisco  
boiling water

3 eggs, beaten light  
 $\frac{1}{2}$  cupful flour  
milk if needed  
1 teaspoonful baking powder

Pour enough boiling water (about  $2\frac{1}{2}$  cupfuls) over the corn meal, salt, and Crisco to scald the meal; cover the bowl and set aside until the next morning. Add the eggs and flour, also milk, if the mixture seems too thick, and beat all together; lastly, sift in the baking powder and beat again. Put a tablespoonful of Crisco in a cloth and with it rub over the inner surface of a hot frying pan, drop the batter by spoonfuls into the spider, let cook slowly three or four minutes, then turn and cook the other side. Send at once to the table.

## PHILADELPHIA BUTTER BUNS

1 cake compressed yeast  
 $\frac{1}{4}$  cupful lukewarm water  
1 cupful scalded milk  
 $1\frac{1}{2}$  cupfuls wheat flour  
2 tablespoonfuls sugar  
 $\frac{1}{4}$  cupful melted Crisco  
2 egg yolks  
1 teaspoonful salt

grated rind one lemon  
3 cupfuls (about) wheat flour  
3 tablespoonfuls creamed Crisco  
 $\frac{2}{3}$  cupful brown sugar  

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1 tablespoonful cinnamon  
 $\frac{1}{2}$  cupful small raisins

Make a sponge of the first four ingredients; when light, add the sugar, Crisco, yolks, salt, lemon rind, and flour, and mix to a dough. Knead until smooth and elastic. Cover close and set aside to become doubled in bulk. Turn on a board without disturbing the dough more than is necessary. Roll into a thin rectangular sheet; spread with part of the creamed Crisco, dredge on one or two tablespoonfuls of the sugar and the cinnamon; sprinkle on the currants and roll as a jelly roll. Cut into pieces about an inch and a quarter long. Put the rest of the Crisco into a pan 7 x 10 inches; sprinkle in the rest of the brown sugar; set the buns on the sugar and let become light. Bake in a moderate oven. Turn upside down to cool. These are good reheated. Do not have the oven too hot on the bottom or the sugar and Crisco will burn.

## OAT BANNOCK

$2\frac{1}{2}$  cupfuls rolled oats  
1 teaspoonful salt

1 tablespoonful Crisco  
 $\frac{2}{3}$  cupful lukewarm water (about)

Add the salt to the oats; melt the Crisco in the water and use to mix the oats to a dough. Divide into four pieces. Knead each piece, then roll into a round as thin as possible. Lift the dough occasionally with a spatula while shaping; it may thus be rolled more easily. Dredge the board with flour or dry oatmeal. Bake about 30 minutes. Good with salads, cheese, stewed prunes, or at any time in place of bread.

## COOKED-RICE-AND-CORN-MEAL TEA CAKE

1 cupful yellow corn meal  
4 teaspoonfuls baking powder  
 $\frac{1}{2}$  teaspoonful salt  
2 tablespoonfuls sugar

2 cupfuls cooked rice, grains distinct  
2 eggs, beaten light  
 $\frac{2}{3}$  cupful milk  
2 tablespoonfuls melted Crisco

Sift together the first four ingredients; mix in the rice lightly; add the eggs, milk, and Crisco; mix thoroughly and turn into a shallow Criscoed pan. Bake about 25 minutes.



## POTATO DOUGHNUTS

2 $\frac{1}{4}$ cupfuls wheat flour	1 egg and 1 yolk
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful sugar
$\frac{1}{2}$ teaspoonful mace	$\frac{1}{2}$ cupful mashed potatoes (riced)
$\frac{1}{4}$ teaspoonful soda	1 teaspoonful melted Crisco
2 level teaspoonfuls baking powder	$\frac{1}{3}$ cupful sour milk or buttermilk

Pass all the dry ingredients through the sieve together. Beat the egg and yolk, beat in the sugar, potato, Crisco, and buttermilk and stir into the dry ingredients. Knead a little of the dough at a time, pat and roll into a sheet, cut in rings and fry in deep Crisco. This makes about two dozen particularly choice doughnuts.





## CHEESE BISCUIT

2 tablespoonfuls Crisco  
2 tablespoonfuls flour  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful paprika  
 $\frac{1}{4}$  teaspoonful mustard

1 cupful milk  
 $1\frac{1}{4}$  cupfuls grated cheese  
1 egg, beaten light  
baking powder biscuit  
paprika

Melt the Crisco, add the flour, salt, paprika, and mustard, and stir and cook till frothy; add the milk and stir until boiling; beat in the cheese, then the egg, stir over boiling water until the egg is "set," then turn into an earthen bowl and set aside, covered, until ready to use. Have ready fresh-made or reheated baking powder biscuits (see recipe page 24). Split the biscuit, set them in a baking pan, and above each dispose a spoonful of the cold cheese mixture; sprinkle the cheese with paprika and set into the oven long enough to reheat. The cheese mixture may also be served at once by pouring it while hot over ordinary crackers made hot in the oven.

## TOMATO AND CHEESE FRITTERS

2 tablespoonfuls Crisco  
 $\frac{1}{2}$  onion, sliced  
2 branches parsley  
 $\frac{1}{2}$  a green pepper, shredded  
2 cupfuls tomato

6 tablespoonfuls cornstarch  
 $\frac{1}{2}$  cupful cold water  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  teaspoonful paprika  
1 cupful grated cheese

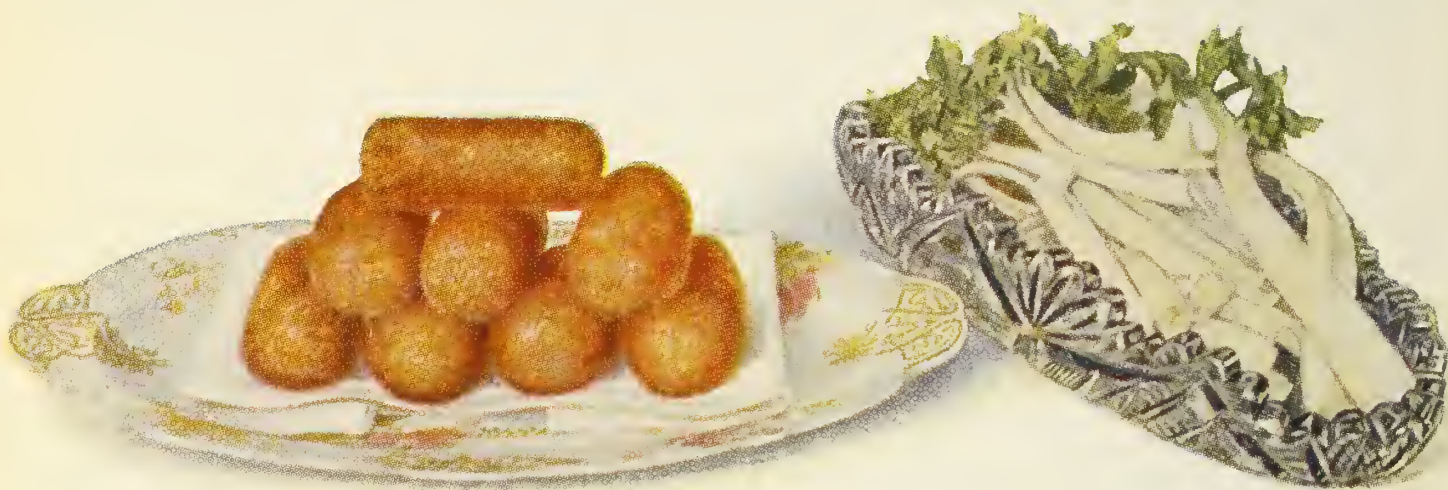
Melt the Crisco, in it stir and cook the onion, parsley and green pepper until softened and yellowed; add the tomato and let simmer 15 minutes; strain and heat to the boiling point (there should be  $1\frac{1}{2}$  cupfuls of tomato); stir the cornstarch with the cold water, pour into the hot tomato and stir until it thickens; set over boiling water and let cook 20 minutes; add the salt, paprika and cheese and stir until the cheese is melted. Turn into a shallow Criscoed dish. When cold, turn on a board or paper, cut in figures (rounds, diamonds, etc.); egg and bread-crumbs; fry in hot Crisco.

## GNOCCHI À LA ROMAINE

2 cupfuls milk  
 $\frac{1}{4}$  cupful cornstarch  
 $\frac{1}{4}$  cupful wheat flour  
 $\frac{1}{2}$  teaspoonful salt

$\frac{1}{2}$  teaspoonful paprika  
3 tablespoonfuls Crisco  
2 egg yolks  
1 to 2 cupfuls grated cheese

Take part of the milk and use in mixing the flour, cornstarch, salt and paprika to a thin consistency. Scald the rest of the milk in a double boiler; stir and cook the flour in the hot milk until the mixture thickens; cover and let cook 20 minutes, stirring occasionally. Beat the Crisco to a cream, beat in the yolks one after the other and stir into the hot mixture. Cover and let cook until the egg is "set," then beat in half the cheese. Turn the mixture into a Criscoed biscuit pan to make a layer half an inch thick. When cold, turn from the pan; cut in squares or rounds; set in layers in a Criscoed baking dish with cheese between and above. When ready to serve, reheat in the oven. Serve in the baking dish.



## CHEESE CROQUETTES

3 tablespoonfuls Crisco  
 $\frac{1}{3}$  cupful flour  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful paprika  
 $\frac{2}{3}$  cupful milk  
 1 egg or 2 egg yolks

1 cupful cheese in cubes  
 $\frac{1}{2}$  cupful grated cheese

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soft sifted bread crumbs  
 1 egg  
 3 tablespoonfuls milk

Crisco for frying

Melt the Crisco; in it cook the flour and seasonings; add the milk and stir until boiling; beat in the egg beaten light and let cook until the egg is "set;" stir in the cheese and turn on a Criscoed plate; when chilled a little form into cylinder shapes; roll in crumbs, cover with egg and again roll in crumbs. Fry in hot Crisco. Serve at once with a green salad and coarse bread.



## CHEESE AND CORN CAKE SOUFFLÉ

2 tablespoonfuls Crisco  
1 tablespoonful corn flour, or  
2 tablespoonfuls wheat flour  
 $\frac{1}{4}$  teaspoonful soda  
 $\frac{1}{4}$  teaspoonful paprika  
 $\frac{1}{4}$  teaspoonful salt

$\frac{3}{4}$  cupful milk  
 $\frac{1}{2}$  cupful fine corn or wheat bread  
crumbs  
1 cupful grated cheese  
3 egg yolks, beaten light  
3 egg whites, beaten very light

Melt the Crisco; in it cook the flour, soda, paprika, and salt; add the milk and stir until smooth and boiling; add the crumbs, cheese and yolks; fold in the whites; bake in a Criscoed dish standing in hot water until firm in the center (about 25 minutes). Serve at once.

## CHEESE RAMEKINS

1 cupful bread or corn cake crumbs  $\frac{1}{4}$  pound grated or sliced cheese  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  teaspoonful paprika  
2 eggs, beaten light  
2 cupfuls milk

Mix all the ingredients together, turn into Criscoed ramekins (one dish may be used) and let bake until firm in the center. Serve hot with green vegetables or stewed fruit.

## CHEESE TIMBALES

2 tablespoonfuls Crisco  
2 tablespoonfuls flour  
1 cupful rich milk  
 $\frac{1}{2}$  pound grated cheese  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  teaspoonful paprika  
3 whole eggs  
3 egg yolks

Make a sauce of the Crisco, flour and milk, stir in the other ingredients. Bake in Criscoed timbale molds till firm throughout. Serve hot, turned from the molds, with tomato sauce.

## TOMATO RABBIT

1 tablespoonful Crisco  
 $\frac{1}{2}$  pound cheese  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful paprika  
 $\frac{1}{4}$  teaspoonful soda  
2 egg yolks  
 $\frac{1}{2}$  cupful tomato purée

Melt the Crisco, turn the dish to allow the fat to run over the whole inside surface, add the cheese, salt, paprika, and soda, and stir constantly while cooking over boiling water until the cheese is melted. Add the yolks, beaten and mixed with the purée and stir until the whole is thick and smooth. Serve on the untoasted side of bread toasted upon but one side.

## CHEESE SAUCE

**For rice, onions, asparagus, potatoes, fish**

2 tablespoonfuls Crisco  
2 tablespoonfuls flour  
1 cupful milk, or  
 $\frac{1}{2}$  cupful milk, and  
 $\frac{1}{2}$  cupful water in which vegetable or fish was cooked  
1 egg yolk, well beaten  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful paprika  
3 tablespoonfuls grated cheese

Melt the Crisco, add the flour, stir until blended and bubbling; add the liquid and stir until boiling; add the salt, paprika, and cheese.

## CORN BREAD CREAM TOAST WITH CHEESE

4 slices Boston Brown or other  
corn bread

$\frac{1}{2}$  cupful grated cheese

### ONE CUPFUL CREAM SAUCE

2 tablespoonfuls Crisco  
2 tablespoonfuls flour

$\frac{1}{4}$  teaspoonful salt  
1 cupful milk

Stir the cheese in the hot sauce. Toast the bread. Dip the edges of each slice of toast, one at a time, in boiling salted water, set into the sauce, cover with sauce and lift to a hot dish. Tomato sauce may be used in place of cream sauce, or the cheese sauce given on page 31 may be used.

## CHEESE AND RICE FRITTERS

$\frac{1}{4}$  cupful rice  
 $\frac{1}{2}$  cupful boiling water  
 $\frac{1}{2}$  cupful tomato purée  
 $\frac{1}{4}$  teaspoonful salt

$\frac{1}{4}$  teaspoonful paprika  
 $\frac{1}{2}$  cupful grated cheese  
2 tablespoonfuls flour  
1 teaspoonful baking powder

Bring the rice to the boiling point in a quantity of cold water; let cook three minutes and drain; rinse in cold water and drain again. Set to cook in a double boiler in the water and purée; add the salt and pepper and let cook until tender. To one cupful of this rice, add the cheese and flour mixed with the baking powder. Drop by spoonfuls into hot Crisco and let cook to a golden color; drain on soft paper and serve at once. If the rice be too dry, add a tablespoonful or more of broth; if too soft, a tablespoonful or more of flour. No perceptible fat should be absorbed in frying and the fritters should hold their shape.

## CHEESE FONDUE

2 tablespoonfuls Crisco  
1 tablespoonful flour  
 $\frac{1}{4}$  teaspoonful soda  
 $\frac{1}{4}$  teaspoonful mustard  
 $\frac{1}{4}$  teaspoonful paprika

$\frac{1}{4}$  teaspoonful salt  
1 cupful milk  
 $\frac{1}{2}$  cupful fine, soft bread crumbs  
 $\frac{1}{2}$  pound cheese, cut in thin slices  
3 egg yolks, beaten light

Melt the Crisco; in it cook the flour, soda, mustard, paprika, and salt; add the milk and stir until boiling; set the sauce into a dish of hot water; add the crumbs and cheese and stir until the cheese is melted and the mixture is smooth; beat in the egg yolks and stir until the egg is "set." Serve on crackers or on the untoasted side of bread toasted on but one side.

## CHEESE SOUFFLÉ

2 tablespoonfuls Crisco  
2 tablespoonfuls flour  
 $\frac{1}{4}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful soda  
 $\frac{1}{4}$  teaspoonful mustard

$\frac{1}{4}$  teaspoonful cayenne  
 $\frac{1}{2}$  cupful milk  
1 cupful grated cheese (half pound)  
3 egg yolks, beaten light  
3 egg whites, beaten very light

Melt the Crisco, in it cook the flour, salt, soda, mustard, and cayenne; add the milk and stir until boiling; add the cheese and egg yolks; fold in the whites and turn into a Criscoed baking dish. Set the dish in a pan of boiling water (on many folds of paper or cloth) and let bake until well puffed and firm in the center. The water should not boil during the cooking. Serve at once.





## FRIED FILETS OF FISH

Halibut, flounder, and bass are particularly good cooked in this way. The fish must be free of bones and skin and the filets should be of the same shape and size. Rub the filets with the cut side of an onion and dip them in melted Crisco and lemon juice, to which onion juice has been added. Drain, roll in flour, then in egg and soft sifted bread crumbs, and fry in deep Crisco. It will take about six minutes to cook the filets. Drain on soft paper. Serve with highly seasoned tomato sauce, or Crisco salad dressing,

### TWO CUPFULS TOMATO SAUCE

$\frac{1}{2}$ can tomato	$\frac{1}{4}$ cupful Crisco
$\frac{1}{2}$ an onion with 2 cloves in it	$\frac{1}{4}$ cupful flour
1 stalk celery	$\frac{3}{4}$ teaspoonful salt
2 sprigs parsley	$\frac{1}{2}$ teaspoonful paprika
1 bit of ham or bacon	1 cupful broth
$\frac{1}{4}$ a green or red pepper	1 cupful tomato purée

Cook the tomato, vegetables, and ham about 20 minutes, then press through a purée sieve, and set aside for use as needed. Melt the Crisco; in it cook the flour, salt, and paprika; add the cold broth and mix a little; add the tomato and stir constantly until smooth and boiling. The sauce may be made of purée without broth, or, it may be made with a cupful and a half of broth and half a cupful of chili sauce or tomato catsup.

## BROILED MACKEREL

The fire should be moderate. The broiler should be hot before the fish is set in place or it will stick to the wires. Wipe the fish with a damp and then a dry cloth, and brush over both sides of the fish with melted Crisco, then set it on or in the hot broiler. Cook principally on the flesh side of the fish, making the skin crisp and slightly brown at the last. A mackerel will take nearly 25 minutes to cook. Set the fish on a hot dish. Have ready three tablespoonfuls of Crisco, beaten to a cream; beat in one-third a teaspoonful of salt, one-fourth a teaspoonful of paprika and drop by drop two tablespoonfuls of lemon juice. Spread this over the fish. Sprinkle with fine-chopped parsley. Serve at once.

## HADDOCK OR COD BAKED WITH TOMATO

Remove the skin and bones from a three- or four-pound fish; cut the flesh in long pieces suitable for one service; fold the pieces of fish to increase the thickness; hold each piece as folded with a wooden toothpick dipped in melted Crisco (to facilitate its removal after cooking). Rub over the inside of the baking dish (one suitable for serving) with Crisco; set in it the prepared fish; pour over the fish about a cupful of tomato purée; lay on each piece of fish a thin slice of onion; sprinkle in half a teaspoonful of salt; let cook in the oven about 25 minutes. Remove the onion and pour on half a cup of thin cream, scalded. Serve in the baking dish.

## BASS OR OTHER FRESH-WATER FISH BAKED IN MILK

Remove skin and bone from the fish and cut the fish in pieces for serving. Scrape onion pulp over the pieces of fish, also squeeze on a little lemon juice and let stand in a cool place an hour or longer. Rub over a baking dish with Crisco; set in the pieces of fish and pour on milk to half their height. Let cook in the oven about 20 minutes, basting with the milk three times. Beat a tablespoonful of Crisco to a cream; beat in half a teaspoonful of salt, a tablespoonful of flour and a tablespoonful of fine-chopped parsley. Lift out the fish and keep it hot; stir the flour mixture into the milk and let simmer ten minutes; add the beaten yolk of an egg diluted with a tablespoonful of cream and pour over the fish. Halibut and flounder are good cooked this way.

## SWORDFISH OR HALIBUT SAUTÉ

A slice of halibut or swordfish weighing about one pound and a quarter will serve four people. Cut the swordfish into four or six pieces. If the frying pan is of a size to take the slice of halibut without crowding it, leave it whole. Wipe the fish with a damp cloth, then pat it in corn meal or flour, first on one side and then on the other. Have ready on the fire a frying pan in which about four tablespoonfuls of Crisco is melted; lay in the prepared fish, let cook until well browned next the pan, turn with a fork and spatula to brown the other side. Do not let the fish cook too fast, cooking at a high temperature toughens the fiber. After the first side is cooked, the cooking may be completed in the oven. Remove to a hot dish. Garnish with lemon and parsley. Serve with mashed or creamed potato and a green salad. Sprinkle a little salt over the fish after it is cooked.

## BAKED FISH, PARSLEY AND POTATOES

Rub over a baking dish with Crisco; in it set a thick slice, or a solid filet, of fresh fish. Scrape on a little onion juice, if approved, add also a few slices of green pepper. Make broth with the trimmings of the fish, a slice of onion and piece of carrot. Pour a little broth over the fish and let cook in the oven about 20 minutes, basting with the broth three times. Pour off the broth (add enough more to make two cupfuls); thicken it with three tablespoonfuls of Crisco creamed with one-fourth a cupful of flour, half a teaspoonful of salt, and a dash of pepper. Meanwhile cook one pint of potatoes, in cubes, in boiling salted water; drain, season with salt and chopped parsley, and turn around the fish set on a hot dish. Serve the sauce in a bowl.

## FISH AND POTATO SOUFFLÉ

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 cupful mashed potato           | 1/2 teaspoonful black pepper         |
| 1 cupful cream or rich milk      | 3 egg yolks, beaten light            |
| 1 teaspoonful scraped onion pulp | 2 cupfuls cooked fish in fine shreds |
| 1 teaspoonful salt               | 1 tablespoonful fine-chopped parsley |
| 3 egg whites, beaten very light  |                                      |

To the potato, add the milk, seasonings, yolks, fish and parsley in order enumerated; fold in the whites of the eggs. Bake in a Criscoed baking dish standing in hot water until well puffed at the center. Serve with cream or tomato sauce or stewed tomato.





## FINNAN HADDIE BALLS

2 cupfuls raw potatoes (pared  
and cut in quarters)  
1 cupful finnan haddie (in bits)  
 $\frac{1}{2}$  teaspoonful pepper

$\frac{1}{2}$  teaspoonful salt  
1 egg, beaten light  
10 slices bacon  
Crisco for frying

Put the potatoes in a saucepan, pour in boiling water to nearly cover the potatoes; above and at the center of the potatoes set the finnan haddie, cover and let cook until the potatoes are tender. Drain the water from the dish, shake the fish from the potatoes and press the latter through a ricer and return to the fish; add the pepper and salt as needed and mix; add a little of the mixture to the egg, blend thoroughly and beat into the rest of the mixture. Press the mixture, lightly, into balls. Fry, five at a time, in Crisco hot enough to turn a bread crumb golden brown in 40 seconds. Serve with piccalilli in lemon cups and bacon rolls. Roll each slice of bacon like a jelly roll, push a wooden toothpick through each to hold it in shape and fry in the Crisco before the fish balls are fried; remove the toothpick before serving.

## LITTLE FISH PIES

Use left-over fish, boiled fish is good as there is fish broth (water in which fish was cooked). Slice half an onion and stir and cook in three tablespoonfuls of melted Crisco until softened and yellowed; add three tablespoonfuls of flour or half the quantity of cornstarch and stir until frothy; add one cupful of fish broth, and half a cupful of milk from the top of the bottle and stir until boiling; add two cupfuls of fish separated into flakes and let become hot. Have ready baking powder biscuit just from the oven. Turn the fish into individual ramekins (made hot in boiling water and wiped dry); set a biscuit above the fish in each. Chicken may be served in the same manner. The biscuit dough should be rolled thin.

### LITTLE FISH PIES, COTTAGE STYLE

After the fish is in the ramekins, pipe hot well-seasoned mashed potato over the fish, brush the edges of the piping with melted Crisco, and set into a hot oven to brown the edges of the potato. If piping be considered too troublesome, spread the potato over the fish with a silver-plated knife.

### FILETS OF FISH, FLORENTINE STYLE

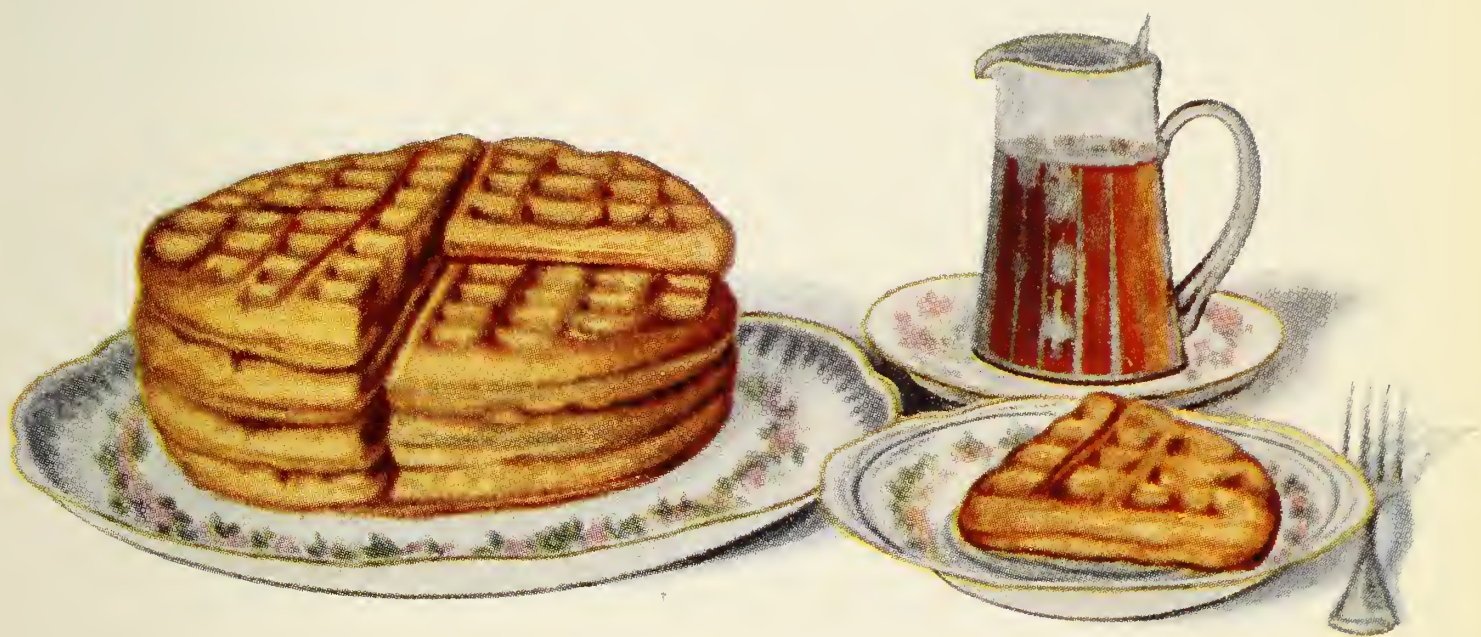
Use filets from any variety of white fish; halibut and flounder are suitable. To serve four persons, use four pieces weighing about six ounces each. Cover the bones and trimmings of the fish, a few slices of carrot and onion, three or four leaves of sweet basil and two or three branches of parsley, with cold water, and let simmer 20 minutes, then strain off the fish stock. Rub a baking dish with Crisco, and set the fish in it, pour over about half a cupful of the fish stock, and three or four tablespoonfuls of liquid from a bottle of mushrooms or the water in which dried mushrooms have been soaked. Let cook in the oven about ten minutes. Drain the liquid from the fish, use three-fourths a cupful of it with three-fourths a cupful of rich milk in making béchamel sauce. The other ingredients are three tablespoonfuls, each, Crisco and flour, half a teaspoonful salt and one-fourth a teaspoonful of paprika. Into the sauce stir half a cupful of grated cheese. Have ready, cooked, two or three quarts of spinach, chop it fine and season as for the table; spread the spinach neatly over the fish, cover the spinach with part of the sauce; over the sauce sprinkle one-half a cupful of cracker crumbs mixed with two tablespoonfuls of melted Crisco, one-fourth a teaspoonful of salt, and two tablespoonfuls of grated cheese. Bake in a hot oven about ten minutes.

### BAKED SHAD ROE

1 pair shad roe	3 cloves
1 pint cooked tomatoes	2 branches parsley
$\frac{1}{2}$ teaspoonful salt	2 tablespoonfuls Crisco
1 tablespoonful chopped onion	1 tablespoonful flour

Simmer the roe in boiling water until tender. Cook the tomatoes, salt, onion, cloves and parsley 20 minutes, and press through a sieve. Return to the fire, and, when boiling, stir into it the Crisco creamed and mixed with the flour. Place the roe in a Criscoed baking dish, pour over each two or three tablespoonfuls of the tomato, and bake about 45 minutes, basting several times with the sauce. Serve with the remainder of the sauce. Other fish roe may be prepared in the same way.



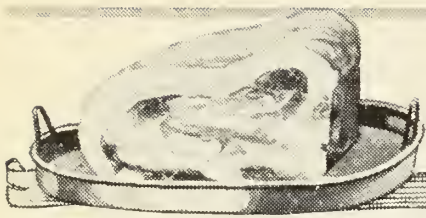


## WAFFLES

2 cupfuls pastry flour  
4 teaspoonfuls baking powder  
 $\frac{3}{4}$  teaspoonful salt  
2 egg yolks

1 cupful thin cream  
 $\frac{1}{4}$  cupful sweet milk  
 $\frac{1}{3}$  cupful melted Crisco  
3 egg whites

Sift together the flour, baking powder and salt; beat the yolks, add the cream and milk and stir into the dry ingredients, add the Crisco and whites of eggs beaten dry and beat all together thoroughly. Bake at once on a hot, well-Criscoed waffle iron.



# MEATS

## HOW TO COOK A FOWL

Have the fowl separated into pieces at the joints. Wash quickly and set over the fire in boiling water to cover; let boil rapidly five minutes, then let simmer until the flesh is tender. A fowl one year old should cook in two to three hours. When tender, skim from the broth. Melt one-fourth a cupful of Crisco in an iron frying pan; add one-fourth a teaspoonful of salt. Roll each joint of chicken in flour and set to cook in the hot Crisco. When delicately browned on one side, turn to brown the other side. Serve with mashed potato and Virginia spoon corn bread. Thicken the broth to serve with the bread and potato.

## CHICKEN POT PIE WITH DUMPLINGS

Singe, clean, separate into joints, and wash a fowl or chicken. Cover with cold water and let heat *quickly* to the boiling point. Let boil five minutes, then cook at a gentle simmer until the chicken is tender. A young chicken will cook in one hour and a half; it may take four hours for an older fowl. Have ready dumpling dough. Remove some of the broth from the saucepan. Scrape the dough from a tablespoon into the saucepan, letting it rest on the chicken above the broth. Cover and let cook undisturbed 15 minutes.

## DUMPLINGS

2 cupfuls wheat flour	2 tablespoonfuls Crisco
4 teaspoonfuls baking powder	1 egg, beaten light
½ teaspoonful salt	¾ cupful milk (about)

Pass all the dry ingredients, together, through a sieve; cut in the shortening; add part of the milk to the egg and use in mixing to a soft dough; a little less or more milk than the quantity given may be needed. The egg may be omitted, but its use insures better dumplings. While the dumplings are cooking, thicken the broth removed from the saucepan. Set the chicken on a hot platter, the dumplings around it, and pour the sauce over the whole.

## MARYLAND CHICKEN

Singe, clean and cut up one or two young chickens, sprinkle with salt and pepper, roll in flour, then in an egg, beaten and diluted with half a cupful of milk, and, finally, coat with soft crumbs. Rub over the inner surface of a dripping pan with Crisco; in it bake the chicken about half an hour in a hot oven. When the chicken is hardened a little on the outside, baste with half a cupful of Crisco melted with half a teaspoonful of salt. Baste with the Crisco each five minutes thereafter. When tender, remove the chicken to a serving dish and use four tablespoonfuls of the hot Crisco in making two cupfuls of cream sauce. Pour the sauce over the chicken in the dish.



## SWISS STEAK

Have a steak cut from the top of the round one and a half inches thick. Pound it with the edge of a heavy earthen plate (or a meat tenderer) until the fibre is thoroughly broken up, dredging over it meanwhile from time to time a little flour. By the time the steak is well pounded a generous half cupful of flour will have been pounded into it. In a large iron frying pan heat two or three tablespoonfuls of Crisco; in this cook the meat until well browned, first on one side and then on the other; pour in boiling water barely to cover the meat and let simmer about three hours. For variety, cook two peeled onions, sliced thin, in the Crisco before the meat, remove them, and after the meat is browned spread them over the meat to cook with it. After the meat is cooked they may be retained in the sauce or strained from it as desired.

## CHICKEN PIE

1 chicken cut in pieces and cooked	$\frac{1}{2}$ teaspoonful salt
salt and pepper to season	$\frac{2}{3}$ cupful Crisco
$2\frac{1}{2}$ cupfuls pastry flour	$\frac{1}{2}$ cupful cold water (some flours take up more water than others)
$2\frac{1}{2}$ teaspoonfuls baking powder	$\frac{1}{4}$ cupful Crisco

Set the hot chicken in a baking dish, sprinkle on salt and pepper, pour on the broth to nearly cover the chicken. Have ready the pastry, set it above the chicken, letting the edge rest on the dish. Bake about half an hour. For the pastry sift together the flour, baking powder, and salt; with two knives work in the two-thirds cupful of Crisco, then gradually add the water and work to a paste. Knead the paste slightly on a floured board, roll into a rectangular sheet, spread one half with Crisco, fold the other half of the paste over the Crisco and fold as before; roll into a sheet, fold three times, then roll to fit the dish, trim the paste as needed; cut figures from these trimmings, brush the under side with cold water and set on the large piece of pastry.

## EASY CHICKEN PATTIES

Cut flaky pastry, rolled into a thin sheet, into rounds to fit small tins; press them on inverted tins and prick with a fork to let out air beneath; set the pastry covered tins on a tin sheet and let bake ten or twelve minutes. Cut out rounds for covers; decorate with small figures, cut from the paste and brush underneath with cold water to make them adhere. Chill and bake. Remove the paste from the tins, fill with two cupfuls of cubes of cooked chicken stirred into two cupfuls of cream sauce and set the covers above. Serve at once.

## CREAM SAUCE

$\frac{1}{4}$ cupful Crisco	2 cupfuls milk, or for patties:
$\frac{1}{4}$ cupful flour	1 cupful milk and 1 cupful
$\frac{1}{4}$ teaspoonful salt	chicken broth
$\frac{1}{4}$ teaspoonful pepper	

Melt the Crisco; in it cook the flour and seasoning; add the liquid and stir constantly until boiling.



## INDIVIDUAL CHICKEN SHORTCAKES

2 cupfuls wheat flour  
4 level teaspoonfuls baking  
powder  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{4}$  to  $\frac{1}{3}$  cupful Crisco  
 $\frac{2}{3}$  cupful milk (about)

$\frac{1}{4}$  cupful Crisco  
 $\frac{1}{4}$  cupful flour  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful pepper  
2 cupfuls chicken broth (scant)  
2 cupfuls cooked chicken (in cubes)

Make biscuits of the ingredients in the first column, cut them about three inches in diameter. Melt the Crisco; in it cook the flour and seasonings; add the broth, stir until boiling, and add the chicken. Split the biscuit, spread with butter or butter substitute and dispose chicken in sauce over the lower halves of the biscuits; set the other halves above, and pour over the rest of the chicken.



## BEEF BALLS WITH SPAGHETTI

1 can tomatoes	$\frac{1}{4}$ cupful soft sifted bread crumbs
1 green pepper, in shreds	1 teaspoonful grated onion
1 onion, in slices	$\frac{1}{2}$ teaspoonful salt
2 branches parsley	3 tablespoonfuls Crisco
2 cupfuls water	$\frac{1}{2}$ pound spaghetti
1 teaspoonful salt	$\frac{1}{2}$ cupful grated Parmesan cheese
1 pound steak, top of round	
1 egg, beaten light	

Cook the tomatoes, green pepper, onion, parsley, water, and salt half an hour then press through a sieve into a casserole. Free the steak of all stringy portions and chop fine; add the egg, crumbs, onion, and salt and mix all together thoroughly; roll into a dozen balls of the same size. Heat the Crisco in a frying pan and in this cook the balls until well browned on all sides; drain on soft paper, then transfer to the purée in the casserole, cover, and let cook about 45 minutes. In the meantime, cook half a pound of spaghetti, in whole or half lengths, in boiling, salted water until done; drain and rinse in cold water. When about ready to serve, take the meat balls from the casserole, turn in the spaghetti and Parmesan cheese (grated); lift with two forks until the whole is well blended, then return the meat balls to the casserole, cover and return to the oven to become very hot. Serve from the casserole.

## CORNERED BEEF HASH, WITH BANANAS

Chop fine an equal quantity of cold corned beef and potatoes. A small portion of the beef should be tender fat. Heat two or three tablespoonfuls of Crisco in the frying pan; turn in the chopped material and add a few tablespoonfuls of broth and a dash of paprika; mix all together thoroughly, then cover and let stand until very hot. Do not let the hash brown next the pan, stir occasionally. Turn on a hot serving dish, pour a ring of tomato catsup on the platter around the hash, and serve at the same time baked bananas.

## CHICKEN SALAD ÉCLAIRS

$\frac{1}{2}$ cupful Crisco	12 blanched almonds,
1 cupful boiling water	chopped
$\frac{1}{2}$ teaspoonful salt	2 cupfuls chicken cubes
1 cupful flour	$1\frac{1}{2}$ cupfuls sliced celery
3 large eggs	salad dressing

Set a saucepan containing the Crisco, water, and salt over the fire; when the mixture boils, sift in the flour and beat vigorously. When the mixture separates from the sides of the pan, turn into a bowl and beat in the eggs, one at a time, and very thoroughly. Shape the paste, on a Criscoed baking sheet, in strips about three inches long and an inch wide, brush over with beaten egg and sprinkle with the chopped nuts. Bake about 25 minutes. When cold and ready to serve, fill with the chicken and celery mixed with the salad dressing. These are particularly appropriate for the main dish of the menu at card parties or evening companies.



## CHICKEN CROQUETTES

$\frac{1}{4}$  cupful Crisco  
 $\frac{1}{2}$  cupful flour  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{3}$  teaspoonful black pepper  
 1 cupful chicken broth  
 $\frac{1}{3}$  cupful cream

1 egg, beaten light  
 $1\frac{1}{2}$  cupfuls cooked chicken (in  
     cubes)  
 1 egg, beaten slightly  
 $\frac{1}{4}$  cupful milk  
 soft sifted bread crumbs

Crisco

Melt the Crisco; add the flour, salt, and pepper and stir until bubbling throughout; add the broth and cream and stir until boiling; add the egg and continue to stir and cook without boiling until the mixture separates a little from the saucepan; add the chicken, mix and turn onto a plate. When cold, shape, roll in the crumbs, cover with the egg mixed with the milk, and again roll in the crumbs. When all are ready remove superfluous crumbs and fry in Crisco heated until a soft bread crumb dropped into it will brown in 40 seconds. Drain on soft paper. Serve at once with green peas or asparagus tips.



## CHICKEN PILAU

$\frac{3}{4}$ cupful rice	2 branches parsley
$\frac{1}{4}$ cupful Crisco	1 onion with 3 cloves pressed
3 cupfuls chicken broth or boiling water	into it
3 peeled tomatoes, or	1 teaspoonful salt
$\frac{3}{4}$ cupful canned tomatoes	2 cupfuls cooked chicken in thin slices

Blanch the rice. Melt the Crisco in a saucepan; add the rice and stir and cook until the Crisco is absorbed. Add the broth or water, the tomatoes, parsley, onion, and salt; cover and let cook about 25 minutes, or until the rice is done. Remove the onion, cloves, and parsley. Rub over the inside of a charlotte mold with Crisco. Pack the cooked rice and the sliced chicken in the mold in alternate layers, making each layer solid and having the first and last layers of rice. Set to cook in the oven in a dish of hot water. Let cook about 20 minutes. Unmold on a hot dish. Serve with tomato or cream sauce.

## CURRIED CHICKEN

Have young chicken cleaned, singed, and cut into pieces at the joints. Dip each piece in cold water, then roll in flour till well coated with flour. Heat half a cupful or more of Crisco and half a teaspoonful of salt in an iron frying pan; in it cook the chicken very slowly until well browned on all sides and tender. Remove from the pan and strain the Crisco into a cup. Return three tablespoonfuls of the Crisco to the pan; in it cook half a sliced onion till slightly browned; add three tablespoonfuls of flour, half a teaspoonful of salt, one tablespoonful of curry powder and one-fourth a teaspoonful of paprika and stir until frothy; add one cupful of milk and half a cupful of thin cream and stir until boiling; add two tablespoonfuls of currant jelly and a teaspoonful of lemon juice; stir until the jelly is dissolved then strain into a bowl. Serve boiled rice with the chicken.

## LAMB EN CASSEROLE

Cut three pounds of the scrag or neck of year-old lamb in small pieces. Melt three tablespoonfuls of Crisco in an iron frying pan. Roll the pieces of meat in flour or corn meal and set to cook in the hot Crisco. When browned delicately on one side, turn to brown the other side. Set the meat in a casserole, pour on boiling water or stock made from remnants of roast meats just to cover the meat; cover the dish and set to cook in the oven. Add, after half an hour, four peeled onions, and let cook an hour and a half; add six new carrots, scraped, washed and cut in halves, lengthwise, six or eight potatoes, pared and cut in quarters, and three stalks of celery, cut in inch lengths. Add also a teaspoonful of salt and let cook until the vegetables are done. Serve from the casserole.

## INEXPENSIVE LAMB CUTLETS, BREADED

Buy three or four pounds of the fore quarter of lamb and have it cut to get the shank in one half and the scrag or neck in the other half; take the scrag half, remove the shoulder blade, and cut at the backbone (with the cleaver) to separate into cutlets. Steam over boiling water until tender. Set to press under a weight until cold. Dip each cutlet in an egg, beaten and diluted with milk, then roll in soft, sifted bread crumbs and fry in hot Crisco until well colored. Serve with string beans, carrots or turnips and potatoes. The Crisco at using should brown a crumb of soft bread in 40 seconds.

## TURKISH PILAF WITH FLANK OF LAMB

2 tablespoonfuls Crisco

$\frac{1}{2}$  cupful rice

1 small onion

1 cupful tomato

1 cupful boiling water

6 to 8 flank ends from lamb chops  
or beefsteak

1 teaspoonful salt

$\frac{1}{2}$  teaspoonful paprika

Melt the Crisco. Remove all superfluous fat from the meat and cook the fat to use another day for some other dish. Cut the meat in pieces about one inch in length, roll in flour and let cook in the Crisco till browned slightly, then remove to a casserole. Add the water and tomato, cover and set to cook, on top of the range or in the oven. After an hour, wash and dry the rice, add it to the Crisco in the frying pan with the sliced onion and stir and cook until the Crisco is absorbed; add to the casserole with the salt and paprika; rinse the frying pan with a few spoonfuls of boiling water and add to the casserole, cover and let cook until the meat and rice are tender. This is one of the best ways to cook the flank ends that come on loin chops or sirloin steak. Cut off the flank ends before broiling the rest of the meat.

## FORE QUARTER OF LAMB, STEAMED

To serve four or five, purchase about four or five pounds of the best end of a fore quarter of lamb. Set on a rack in a steam kettle over a quart of boiling water. Heat quickly to the boiling point and let cook from two to four hours, according to age. Lift with a skimmer to a hot serving dish and let stand in a warming oven while making a sauce. Take three tablespoonfuls of fat from the broth; let cook two or three minutes to evaporate water in the fat; add three tablespoonfuls of flour and half a teaspoonful of salt and when frothy add one cupful and a half of the broth, freed of fat and cooled a little; stir until boiling; add two or three tablespoonfuls of capers or fine-chopped pickled gherkins and the sauce is ready to serve with the meat. Serve also mealy boiled potatoes, French turnips, spinach or beet greens. Any meat left over will make excellent croquettes, hash or soufflé.

## OXFORD SAUSAGE

1 pound pork (lean and fat all  
edible)

1 pound veal or beef

$\frac{3}{4}$  pound beef suet

$\frac{1}{2}$  pound fine soft bread crumbs

grating of nutmeg

4 dried sage leaves, crushed and  
sifted

1 teaspoonful black pepper

2 teaspoonfuls salt

$\frac{1}{2}$  teaspoonful summer savory

Put the meat and suet through the food chopper and sift the bread crumbs; add the other ingredients and mix all together thoroughly. Press in a bowl and set aside in the refrigerator. When ready to use, shape into small flat cakes as thick on the edge as at the center. Roll in flour. Melt two tablespoonfuls of Crisco in a hot frying pan, and put in the cakes; let cook until browned on one side, turn to brown the other side.

## MEAT PIE

A meat pie may be made of meat bought for the purpose, or of roast or other meat "left over." The first consideration in the meat is tenderness. If meat be bought for the dish, cut it in small pieces and cook until tender, simmering after the first five minutes of boiling. If left-over meat be used, free it of all unedible



portions. Cover the bones, skin, gristle, etc., with cold water, heat slowly to the boiling point, then let simmer an hour or two. Strain off the liquid and use this as the liquid in which to simmer the meat until tender. Add vegetables to flavor (onion, celery, carrot, tomato), also mushroom or tomato catsup, Worcestershire sauce, etc., for the meat loses flavor in re-cooking. When tender, thicken with flour diluted with water and set the crust in place. (Recipe for crust on page 26.)

## PLANKED HAMBURG STEAK

To serve five, purchase one pound and a half of beef from the top of the round; add to it about two ounces of beef marrow or suet. Press the meat and suet through a meat chopper. The marrow may be added with the salt and onion. Half a teaspoonful of salt and about a teaspoonful of scraped onion pulp may be used. If no fat comes with the meat, use two tablespoonfuls of Crisco. Work the meat, fat, seasoning, and half a cupful of cold water together, then shape into a steak a little more than an inch thick. Heat a broiler very hot; rub it over with fat and set the steak on it. Cook on one side about eight minutes, moving it farther from the heat after three or four minutes. Make the plank hot in the oven. Set the steak on it, uncooked side upwards. Pipe about a quart of hot mashed potato about it, making cups of potato to hold peas. Set five or six cooked onions at equal distances between the cups; brush over the steak and onions with melted Crisco, the potato with a beaten egg yolk, diluted with milk, and set into the oven to finish cooking the steak and brown the edges of the potato. Fill the cups with cooked and seasoned peas. Garnish with tomato and serve at once.

## BAKED-MEAT-AND-RICE CROQUETTES

2½ cupfuls cream, white or tomato sauce

1 tablespoonful scraped onion

1 tablespoonful fine-chopped parsley

2 cupfuls chopped cooked meat

1½ cupfuls boiled rice, grains distinct and tender

½ teaspoonful salt

2 tablespoonfuls Crisco

6 tablespoonfuls cracker crumbs

For the cream sauce, use five tablespoonfuls each of Crisco and flour, half a teaspoonful of salt, one-fourth a teaspoonful of pepper and one cupful of milk, or, in place of the milk, use tomato pulp or broth made from the bones and trimmings of the meat. More than one variety of meat may be used. Mix all the ingredients in the sauce. Turn into a Criscoed dish. Cover with the cracker crumbs mixed with the Crisco; spread these above the mixture; bake until the crumbs are browned.

## STEWED PIGEONS

Singe and clean the pigeons, and cut them in halves through the back and breast. Dip in water and roll in flour. Melt three or four tablespoonfuls of Crisco in an iron frying pan; in it cook the pigeons until lightly browned, first on one side and then on the other. Set in an earthen or glass casserole; pour on boiling water to just cover the half pigeons. Cover the dish and let cook in the oven an hour. Parboil and drain as many onions as halves of pigeons; add to the casserole and let cook another hour; then add as many potatoes as halves of pigeons, pared and cut in lengthwise quarters, add also a bunch of young carrots, scraped and cut in halves lengthwise, with salt and pepper as needed. When the meat and vegetables are nearly tender, pour in a cupful of peas and let cook 20 minutes. Serve from the casserole.

# VEGETABLES AND CEREALS



## FARINA OR HOMINY BALLS

Let three cupfuls of water and three-fourths a teaspoonful of salt boil rapidly, stir in three-fourths a cupful of hominy, adding the hominy so slowly that the water will not stop boiling. Let boil about ten minutes directly over the fire, then let cook over boiling water about two hours. Longer cooking will improve the dish. A little boiling water may be added, if needed, during the cooking. Let chill somewhat; moisten the hands in cold water and roll the hominy into balls about the size of an English walnut. Roll in soft, sifted bread crumbs, then in an egg, beaten and mixed with three tablespoonfuls of milk, and again in the crumbs. Fry in hot fat until well colored. From one-fourth to one-half a teaspoonful of poultry seasoning may be cooked in the hominy, or, a cupful of grated cheese may be stirred in before removal from the fire. In shaping the balls, do not press the hominy together too compactly. Serve in place of bread or potatoes.

## CORN MEAL WITH CHEESE

2 cupfuls boiling water

$\frac{1}{2}$  teaspoonful salt

1 cupful corn meal

1 cupful cold water

grated cheese

Add the salt to the boiling water. Mix the corn meal and cold water. Gradually stir the corn meal into the rapidly boiling salted water. Do not allow the mixture to stop boiling while the meal is being added. When all the meal has been added, set the boiler over boiling water, cover and let cook an hour or longer, stirring occasionally. Three hours is none too long to cook corn meal mush. Just before serving, stir in from half to a full cup of grated cheese. Serve, sprinkled with more grated cheese, as a breakfast cereal. Sugar is unnecessary; milk may be added. Cheese should not be given to young children.

## FRIED CORN MEAL MUSH

Prepare corn meal mush as above, and pour, while hot, into a bread pan with straight sides, or into empty baking powder boxes. When cold, cut in slices, dip in flour, and sauté in hot Crisco until well browned, first on one side, and then on the other. Serve with meat in place of bread, or serve with syrup as a dessert dish.

## OATMEAL WITH CHEESE

Add the cheese to oatmeal cooked in the usual manner.

## FRIED OATMEAL, RICE OR HOMINY

Cut cold cooked oatmeal, rice, or hominy in slices, dip in flour, and sauté first on one side and then on the other to a golden brown in hot Crisco; serve in the place of bread or with syrup or sugar as a dessert dish.





## FRENCH FRIED POTATOES

Pare the potatoes, cut them in halves lengthwise, and then in pieces like the section of an orange. Let stand in cold water an hour or longer, then dry on a soft cloth and fry in hot Crisco to a rich, straw color and until tender throughout. Drain on a skimmer and then on soft paper, sprinkle with salt and serve at once. The fat is at the right heat when it browns a crumb of bread in 20 seconds.

## BAKED OATMEAL AND PEANUT CAKES

2 cupfuls cooked oatmeal	$\frac{1}{2}$ cupful milk
1 cupful crushed peanuts, or	$\frac{1}{2}$ teaspoonful paprika
$\frac{2}{3}$ cupful peanut butter	1 teaspoonful salt

The oatmeal should be cooked quite stiff, add the peanuts, milk, paprika, and salt, and mix thoroughly. Shape into five or six round flat cakes. Set on a Criscoed pan. Bake about ten minutes. Serve as the main dish at luncheon or dinner with plain lettuce or tomato salad or stewed tomatoes.

## SCALLOPED HOMINY AND CHEESE

2 cupfuls hot, cooked hominy	$1\frac{1}{2}$ cupfuls milk
3 tablespoonfuls Crisco	1 to 2 cupfuls grated cheese
$\frac{3}{4}$ teaspoonful salt	$\frac{1}{2}$ cupful cracker crumbs
3 tablespoonfuls flour	2 tablespoonfuls melted Crisco
$\frac{1}{2}$ teaspoonful paprika	$\frac{1}{4}$ teaspoonful salt

When the hominy is done, melt the Crisco, add the salt, flour, and paprika, and stir and cook till frothy; add the milk and stir until boiling, then stir in the cheese. Rub Crisco over the inside of a baking dish, put in it, alternately, layers of the hominy and cheese mixture, having the cheese mixture the last layer. Spread the cracker crumbs mixed with the salt and melted Crisco over the top. Bake until the crumbs are browned.

## BEAN LOAF

1 cupful dried Lima or pea beans	1 egg, beaten light
1 cupful soft bread crumbs	1 small onion, chopped or grated
3 tablespoonfuls melted Crisco	1 chili pepper, chopped
5 tablespoonfuls tomato catsup	$1\frac{1}{2}$ teaspoonfuls salt

Soak the beans overnight, wash and set to cook in fresh water, cook till tender and the water much reduced. Press through a sieve. There should be two cupfuls of purée; add the other ingredients, mix and shape into a loaf. Bake in a Criscoed pan, basting often with melted Crisco to which a little salt has been added. Serve hot with brown or tomato sauce. Left-over loaf may be sliced, dipped in corn flour or meal, and sautéed in hot Crisco. Other varieties of beans may be used in the same manner.

## PARSNIP FRITTERS

1 cupful cooked parsnips pressed through potato ricer	$\frac{1}{2}$ teaspoonful salt
2 egg yolks, beaten light	$\frac{1}{2}$ teaspoonful black pepper
1 cupful pastry flour	$1\frac{1}{2}$ teaspoonfuls baking powder
	2 egg whites, beaten very light

To the prepared parsnips, add the beaten yolks, the flour sifted with the salt, pepper, and baking powder; mix thoroughly, then beat in the egg whites. Take up by the tablespoonful and scrape in a compact mass into hot Crisco. Fry as doughnuts, turning each fritter as soon as it comes to the top of the fat, and occasionally thereafter until cooked. Drain on soft paper. Serve at once as an entrée with meat or fish.





## GREEN PEPPERS, STUFFED AND BAKED

8 green peppers  
 $\frac{1}{2}$  cupful rice, blanched  
 1 cupful broth  
 $\frac{1}{2}$  cupful thick tomato purée  
 $\frac{1}{2}$  teaspoonful salt  
 2 tablespoonfuls Crisco

1 small onion	} chopped fine
3 branches parsley	
3 mushrooms, if desired	
1 cupful cooked ham, chopped	
$\frac{1}{2}$ teaspoonful salt	

Trim off one end of the peppers, that they may stand level and form cups. Sometimes better shapes can be secured by cutting the peppers in halves, lengthwise, to form two receptacles from one pepper. Discard the seeds, par-boil in boiling water ten minutes, wipe, and, when filled, set into a baking dish, add a little boiling broth or water, and let cook in the oven about 15 minutes, or until very hot throughout. Serve from the baking dish. To prepare the filling, heat the broth, tomato, and salt to the boiling point, add the rice and set to cook in a double boiler. Melt the Crisco, in it stir and cook the chopped vegetables until softened somewhat, then add to the rice to cook until the rice is tender. Add the ham and more salt if needed and use to fill the peppers. Tomato or cream sauce may be poured around the peppers before serving.

## POTATO PEANUT LOAF

2 cupfuls mashed potato	1½ teaspoonfuls salt
2 tablespoonfuls Crisco	½ teaspoonful paprika
1 cupful crushed peanuts, or	2 eggs, beaten light
½ cupful peanut butter	½ cupful milk

Melt the Crisco in the potato, if hot; otherwise, melt before adding; beat in the other ingredients. Shape into a compact loaf. Bake in a well-Criscoed baking dish, set in a pan of hot water, until firm. Serve with tomato sauce.

## CORN-AND-TOMATO CHOWDER

3 tablespoonfuls Crisco	3 branches parsley
1 large onion	1½ cupfuls sliced potatoes
1 pint canned tomatoes	1½ teaspoonfuls salt
1 pint corn	½ teaspoonful paprika
1 pint boiling water	scalded milk as needed

Melt the Crisco, add the onion peeled and sliced fine. Cover and let simmer, stirring occasionally, until softened and yellowed. Add the tomatoes, corn, water and parsley; cover and simmer about one hour. Cook the potatoes about five minutes, drain, rinse in cold water, drain again, and add to the other ingredients with the salt and paprika. Let cook until the potatoes are done. Add milk if needed.

## VEGETABLE HASH

2 cold boiled onions	6 cold boiled potatoes
2 cold boiled carrots	4 branches parsley
2 cold boiled kohl-rabi	4 tablespoonfuls Crisco
1 teaspoonful salt	

Chop the vegetables and parsley fine; add the salt and a dash of paprika if approved. Melt the Crisco in a frying pan, put in the vegetables and stir three or four minutes; cover and let stand three or four minutes. Stir and press into a flat sheet on the pan. Set into the oven, uncovered, or on the back of the range, covered, until hot throughout and browned beneath, fold at the center and turn on a hot dish. Serve at once.

## SPINACH AND CHEESE SOUFFLÉ

3 tablespoonfuls Crisco	1 cupful cooked spinach
3 tablespoonfuls wheat flour	3 egg yolks, beaten light
¼ teaspoonful pepper	½ cupful or more grated cheese
¼ teaspoonful salt	3 egg whites, beaten very light
1 cupful milk	½ cupful soft bread crumbs
2 tablespoonfuls melted Crisco	

Melt the Crisco, in it cook the flour, pepper, and salt; add the milk and stir until boiling; add the spinach first pressed through a sieve, the yolks and cheese; fold in the whites and turn into a Criscoed dish. Spread the crumbs mixed with the Crisco over the top. Bake in a pan of water in a moderate oven about 25 minutes. Serve with or without cream sauce. The spinach may be omitted for a plain cheese soufflé.



## CREAMED DELICATA

Delicata is a longish oval variety of summer squash having a texture similar to eggplant. It may be pared, cut into cubical strips about four inches long, boiled till just tender and served on toast with any of the sauces used for asparagus. To serve four with creamed delicata, prepare a cream sauce of two tablespoonfuls each Crisco and flour, one-fourth a teaspoonful each of salt and pepper and one cupful of milk. Care must be taken not to overcook the squash.

## SIMPLE POTATO SOUP

4 potatoes	3 tablespoonfuls Crisco
1 onion, sliced	3 tablespoonfuls flour
2 tablespoonfuls parsley leaves	2 teaspoonfuls salt
$\frac{1}{4}$ cupful celery leaves	$\frac{1}{2}$ teaspoonful pepper
1 quart boiling water	3 cupfuls milk

Pare the potatoes, cut in quarters, and let stand in cold water an hour or longer. Boil the potatoes, onion, and fresh or dried leaves in the water until the potatoes are done. Press the whole through a sieve and keep hot. Melt the Crisco; in it cook the flour and seasonings; add the milk and stir until boiling; add the hot potato purée, with more milk if needed.

## SCALLOPED POTATOES

4 tablespoonfuls Crisco	2 tablespoonfuls chopped parsley
1 onion, sliced thin	1 teaspoonful salt
3 cupfuls sliced potato (cooked)	$\frac{1}{2}$ teaspoonful paprika
milk or broth	

Melt the Crisco; in it cook the onion, stirring often, until it is slightly yellowed. Rub over a baking dish with Crisco; put in a layer of potato, sprinkle with onion, parsley, salt, and paprika, and continue the layers until all are used; add milk or broth until it can be seen through the potato. Let bake about half an hour. This dish may also be made with raw potato or with potatoes sliced and parboiled about five minutes. In either case the time of baking must be increased to one hour or longer. Broth made from remnants of roasts is good for this dish; cheese may be added for a hearty dish.

## POTATO SOUFFLÉ

4 cupfuls hot mashed potato	1 teaspoonful salt
2 tablespoonfuls Crisco	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls milk	2 egg yolks, beaten light
2 egg whites, beaten very light	

Mix together the potato, Crisco, milk, and seasonings; beat in the yolks and fold in the whites. Pile in a Criscoed baking dish. Let bake until the mixture puffs and browns slightly. Serve at once. For a more hearty dish, grated cheese may be mixed through the potato.

## BROILED TOMATOES FOR PLANKED STEAK

Cut ripe tomatoes in thick slices, dip in melted Crisco and then in soft, fine bread crumbs; let broil in a hot, well-Criscoed broiler until the tomatoes are soft and the crumbs browned.

## TRIBE AND ONIONS

Take care to select tender pickled tripe. Wash in cold water and cut in pieces of uniform size and shape. Dry on a cloth, then pat in flour or corn meal. Have ready two or three spoonfuls of Crisco, hot, in a frying pan. Set in the tripe and let cook until lightly browned on one side, then turn to brown the other side. Have ready small onions, boiled tender and seasoned with salt and a little butter. Serve the tripe and onions on the same dish. Tripe is eighteen cents per pound in the Boston market, and probably it is no higher in price anywhere in this country. There is no waste; every bit is edible and easily digested.

## POTATO CAKES (left-over mashed potato)

Shape mashed potato left over from dinner, while warm, into round flat cakes. Set these on a dish rubbed over with Crisco; brush over with melted Crisco or place one-fourth a teaspoonful of Crisco on the top of each cake. Let heat in a hot oven.

## SHEPHERD'S PIE

Use two cupfuls of mashed potato, two cupfuls of cooked fish or meat, and one cupful and a half of sauce. For the sauce use two tablespoonfuls each of Crisco and flour, half a teaspoonful of salt, and one cupful and a half of fish or meat broth. Mix the solid material with the sauce and turn into a Criscoed baking dish; cover with mashed potato and brush over the potato with melted Crisco; let heat throughout and brown the edges of the potato in a hot oven.

## NEW ENGLAND SCRAPPLE

Add a teaspoonful of salt to four and one-half cupfuls of rapidly boiling water; sprinkle in very slowly, keeping the water boiling all the time, one and one-half cupfuls of yellow corn meal. When all the meal has been stirred in, let the mixture boil two minutes, then set to cook over boiling water (double boiler) for two or three hours. Stir through the meal half a pound of choice sausage, cut into quarter-inch cubes. Let cook half an hour longer and turn into empty cocoa or baking powder boxes rinsed in cold water. When cold and firm cut in slices, pat them in flour, sauté in hot Crisco.

## TOMATOES STUFFED WITH OYSTERS

18 oysters  
2 tablespoonfuls Crisco  
2 tablespoonfuls flour, or  
1 tablespoonful cornstarch  
salt and paprika

2 egg yolks, beaten light  
6 tomatoes  
1 tablespoonful Crisco, melted  
 $\frac{1}{3}$  cupful cracker crumbs  
few grains salt

Heat the oysters to the boiling point in the liquid with them. Drain and chop the oysters (not too fine). Melt the Crisco, add the flour with salt and pepper as needed; cook until frothy; add the oyster broth with cream to make one cupful in all and stir until boiling; beat in the egg yolks and the chopped oysters. Remove a small piece around the stem end of the tomatoes and with a spoon remove the soft centers. Use the oyster mixture to fill the tomatoes. Set the tomatoes in individual ramekins; mix the melted Crisco, cracker crumbs and salt, and spread over the mixture in the tomatoes. Cook in the oven till the tomatoes are done.



## CAULIFLOWER WITH ONION SAUCE

Boil a cauliflower in the usual manner. When tender, set in a dish suitable for the oven and the table. Have ready as many boiled onions as will make a cupful of purée when pressed through a sieve (1 to 3, according to size). Heat the cup of purée; add a cupful of hot cream, half a teaspoonful of salt, and one-fourth a teaspoonful of pepper, and beat in the yolk of one egg. Pour the sauce over the cauliflower. Have ready half a cupful or more of half-inch cubes of stale bread sautéed in one or two tablespoonfuls of hot Crisco. Sprinkle these over the cauliflower and sauce. Serve very hot.

## FLEMISH CARROTS

The carrots may be canned, fresh-cooked or dried. They may be sliced thin, cut in cubes, or very young carrots may be cut in quarters, lengthwise. For a pint of carrots, melt two tablespoonfuls of Crisco; in it cook slowly one-fourth a cupful of fine-chopped onion and one tablespoonful of parsley. Keep the dish covered and stir occasionally. When tender, add two tablespoonfuls of flour, half a teaspoonful of salt, half a teaspoonful of sugar, and one-fourth a teaspoonful of black pepper; stir until blended; add one cupful of meat broth, and stir until boiling; add the carrots, drained from the water in which they have been boiled (or canned) and let simmer very gently five minutes.

## LEEKs, BIANCA STYLE

Cut the roots from two bunches of leeks; divide the leeks into pieces two inches in length. Let them crisp in cold water half an hour or longer. Boil in salted boiling water until tender (about half an hour), drain, rinse in cold water, and drain again. Melt two tablespoonfuls of Crisco in a saucepan; add the leeks and let simmer over a slow fire; add about a cupful of sauce made of two tablespoonfuls, each, of Crisco and flour, one-fourth a teaspoonful, each, of salt and pepper, and half a cupful, each, of chicken broth and rich milk. Serve very hot.

## SUMMER SQUASH, SAUTÉ

Take very young summer squash of any variety—club shaped are particularly good. The squash should be about four or five inches long. Pare off the thin outer skin, and cut in slices less than half an inch thick. Season flour with salt and pepper; pat both sides of the squash in the flour until it is well coated. Melt Crisco in a frying pan and in it cook the squash, slowly, until well colored on one side, then turn to cook the other side. Squash cooked in this way is particularly good and furnishes a way of using a vegetable which produces so liberally that a large number are often wasted.

## STUFFED TOMATOES

6 large, smooth tomatoes	$\frac{1}{2}$ a small onion, chopped.
$1\frac{1}{2}$ cupfuls soft, fine bread crumbs	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ cupful Crisco, melted	

Cut around the stem end of the tomatoes and take out the seeds. Shake in a little salt and pepper. Mix the crumbs, onion, salt and Crisco, and use to fill the tomatoes. Set the tomatoes in a Criscoed dish (earthen) and let bake about half an hour, or until the tomatoes are done. Serve with or without cream sauce.



# PASTRIES

## PLAIN PASTRY

1½ cupfuls flour  
1 teaspoonful salt

½ cupful Crisco  
4 to 6 tablespoonfuls cold water

Sift flour and salt and cut Crisco into flour with knife until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with knife through dry ingredients. Form lightly and quickly into dough, roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling pin and roll from center outward. Sufficient for one small pie.

## FLAKY PASTRY

2 cupfuls pastry flour  
½ teaspoonful salt  
½ teaspoonful baking  
powder

½ cupful Crisco  
⅓ cupful (or more) cold water  
3 or 4 level tablespoonfuls  
Crisco, creamed

Use the above ingredients, except the creamed Crisco, as in making plain pastry; roll the pastry into a thin, rectangular sheet; on half of the paste set part of the creamed Crisco in small bits equally distant one from another; fold the other half of the paste over the Crisco, put the rest of the Crisco on half of this surface in the same manner as before and again fold half of the paste over the Crisco; pat the paste with the pin, then roll into a long strip, fold the strip three times to make three layers of paste; turn the paste halfway round, that it may not be rolled in the same direction as before, and roll into a thin sheet. The rolling and folding may be repeated three or four times if desired. This paste is used for tarts, little pies, and the upper crust of larger pies.

## COVERED CURRANT JELLY TARTLETS

Roll plain pastry to a scant quarter of an inch in thickness. Stamp out into rounds three or four inches in diameter. With the small end of a pastry tube, score a circle of small rounds on half of the large rounds. In scoring cut through a short distance on these little rounds but not enough to displace them. Set two teaspoonfuls of currant jelly on each of the plain rounds, brush the edges with cold water and set the perforated rounds above, pressing the two together firm at the edge; brush the edges and the top of the tartlets with cold water, dredge lightly with granulated sugar and bake until done, about ten minutes. Other varieties of jelly, jam, marmalade, apple sauce or cooked fruit may be used.



## TO MAKE PERFECT PASTRY FOLLOW THESE RULES

Use the Crisco Recipe for Plain Pastry on Page 54

Pie crust is made light and flaky by the expansion, in the heat of the oven, of cold air incorporated between the particles of shortening and flour that make the paste. In mixing the paste, therefore, the object is to incorporate as much air as possible, and, once having incorporated it, not to press it out by too heavy handling.

Air is incorporated into pastry by *cutting* the shortening into the sifted flour and salt, either with two knives or with the flat bowl of a quarter-inch mesh heavy wire egg whip. (Bend the handle up at right angles.) The ordinary way of working the ingredients with the fingers warms the shortening so that it absorbs the flour, thus eliminating all air spaces. It is also to prevent this that the dry ingredients, utensils, and water for pastry should always be *cold*.

When the flour and Crisco mixture looks like coarse meal (never mix it so thoroughly that it becomes a dense mass), add almost drop by drop just enough cold water to make a paste that cleans the bowl. Remember that too much water makes pastry tough. The reason for using pastry flour is that it absorbs less water than bread flour. Mix the paste lightly with a knife or fork, shape it into a flat ball, cover the bowl, and set it aside in a cold place for several hours. Standing thus permits the moisture to act on the gluten in the flour, bringing out its elasticity so that the paste is easily rolled into a thin sheet.

Prepare the pie filling before rolling the crust. If making a covered pie, divide the paste into two balls, one for the upper, and one for the lower crust, and roll each section lightly, on a slightly floured board, until of a size to fit the tin. Place lower crust on the tin and roll the upper crust before adding the filling, that the under crust may not become soaked while it stands. If the crust splits badly in rolling, fold it back on itself in four directions to make a square of paste, and re-roll. Do not gather it up into a ball. Remember that too heavy, or too much rolling presses out the air needed to make the crust light.

Lay both crusts lightly on the tin to allow for shrinkage in baking. Brush the edge of the lower crust with water so that it will make a tight "seam" with the upper crust, put the latter in place, crimp the edges together with a fork, and trim the paste a trifle beyond the edge of the tin, using a knife or a pair of kitchen shears. Slit the upper crust in several places to allow the steam to escape. A very juicy pie sometimes retains its juice better if only one small round incision is made, in the center of the upper crust, and a small funnel of stiff white paper (uncoiled) is inserted therein, down to about one-half the depth of the pie. Make the funnel

yourself, fastening it with a pin. If juice escapes between the rims of your pies, try wrapping a damp strip of cloth around the edge of the crust. Take care not to break the crust when removing funnel or cloth.

In making an uncovered pie to contain a cooked filling, crust soaking is best prevented by baking or partially baking the crust before adding the filling. Press out all air underneath when you put the paste on the tin, and prick the paste through and through to prevent the crust from bubbling. Always cool cooked filling before adding it to the crust. Some cooks coat the under crust with white of egg when it is to hold a juicy or an uncooked filling, like custard, that requires long, rather slow cooking.

Always put pastry to bake on a low grate in a hot oven with strong heat coming from below. This bakes the lower crust before it can soak up the filling. If the filling is one which takes rather long to cook (such as raw apples), the heat may be reduced later.

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## CAKE BAKING HELPS

When using Crisco in your own cake recipes calling for butter, use only 14 level tablespoonfuls of Crisco plus one level teaspoonful of salt for each cupful (16 tablespoonfuls) of shortening required.

Always use pastry flour for cake—it gives a more delicate texture. If you must use bread flour, remove one level tablespoonful from each cupful of flour called for in the recipe.

Use an earthen bowl and slitted spoon for mixing cake. A slitted spoon shortens the work, and there is no danger of discoloring the sugar and shortening as there is with metal utensils.

Fine granulated sugar makes the best cake; coarse sugar makes a coarse-grained cake; powdered sugar a dry cake.

In mixing a shortened cake, the creaming of the shortening is the first step in the process, and also the most important; the thorough beating of the mixture after the addition of all the ingredients but the egg whites, and a short beating after the addition of the whites, give a fine-grained cake. If the egg whites were folded into a shortened cake mixture the cake would be porous and dry in spots; if they are beaten in thoroughly the finished product is uniformly fine-grained and tender throughout. Beating is the last motion given to a shortened cake mixture.

Egg whites are folded into a sponge cake since this kind of cake is lightened entirely by the air beaten into the eggs. Stirring the mixture would break down the air cells and make the cake heavy.



In making a shortened cake, it is easier to cream the Crisco first, then cream the sugar into it gradually. Crisco, like butter, becomes hard if kept on ice. Unlike butter, however, Crisco keeps perfectly in a room at ordinary living temperature, and is more convenient to use in this softer state. If it ever happens that you must use hard Crisco for cake, the creaming process will be easy if you add a tablespoonful of cold water to each cupful of shortening. After a few seconds' beating this becomes like whipped cream, so that the sugar can be added and creamed into it easily.

Prepare the cake tin by greasing it lightly with melted Crisco, then fitting into it, each way of the pan, a strip of oiled paper exactly the width of the pan and long enough to hang over an inch or two each way. When done and partly cooled, the cake can be lifted from the pan by these ends of paper. Cut paper just to fit the bottom of round cake pans.

Put cake to bake in a moderate oven so that it can rise to its full height before it is crusted over the top. If the oven be too hot, the outside will cook before the bubbles of gas which are to lighten the cake are fully evolved. Then when the gas does form, it will crack the crust and make an unsightly cake; or, if the crust is so well-baked that the bubbles cannot break through, the cake will fall and be heavy.

Strong heat is needed after a cake has risen to make the cell walls firm enough to stand up. In the first quarter of the time stated for baking, a cake should rise to its full height; in the second quarter, it should brown over in spots; in the third quarter, brown all over; and in the last quarter, dry off and settle in the pan. As the baking is practically done before the last quarter is reached, the heat may be decreased gradually during this period.

It does a cake no harm to look at it frequently, provided the oven door is not slammed nor the cake pan moved. The jar of moving the pan will cause the unstiffened cell walls to fall, and as the strength of the leavening agent has been used, the cake can not rise again. If the oven is dark, use a flashlight or match when looking at the cake. If it is browning too much, cover the pan with a sheet of white paper laid loosely over the pan so that it will not rest on the cake, and decrease the heat. When the cake is done it will have shrunk from the edges of the pan, and will not stick to a clean broom straw inserted carefully in the center.

Cakes containing molasses or many egg yolks require a cooler oven than white cakes; large cakes require a cooler oven than small cakes or layer cakes. Bake cakes on the lower grate of an oven with the heat coming from below.

After taking cake from the oven, leave it in the tin for a few moments, then turn it out on a wire cake stand or sieve to finish cooling where air can circulate all around it. Do not put it in a cold place or in an open window, however, or the steam will condense and make the cake heavy.

A sponge cake without shortening is baked in an ungreased sponge cake pan, which is turned upside down after the cake is baked, so that the cell walls elongate while the cake is cooling and drying out. The cake is cut from the pan.

Heavy or fallen cakes are caused by having too slow an oven; by using too much sugar or shortening; by using too little flour; by having such a hot oven that the outside bakes so thoroughly that the inside cannot rise; by moving the cake in the oven before the cell walls have become fixed; or by taking the cake from the oven before it is thoroughly baked.

Thick crusted cakes are caused by too hot an oven, by using too much sugar and shortening, or too little flour.

Coarse-grained cakes are the result of using too much leavening material, or of having too slow an oven. They are also caused by insufficient creaming of shortening and sugar, or insufficient beating of the batter before adding the egg whites.

A "bready" cake is caused by using too much flour.

A cake rises in a peak in the center when the oven is too hot during the first few minutes of baking.

A cake will crack when it contains too much flour, or when the oven is so hot at first that the outside bakes before the center can rise.





## OPEN FRUIT TARTLETS

Cut pastry rolled to a thin sheet into pieces of a size to cover small inverted tins. Brownie tins are suitable for this purpose. Press the paste close over the mold, trim at the edge and prick all over with a fork. Set the pastry-covered tins on a tin sheet—to keep the edges clean—and let bake until done, five to ten minutes will be needed. Have ready one cupful of hot peach or other cooked fruit pressed through a sieve; add one-fourth a cupful of sugar, a tablespoonful of lemon juice and a scant tablespoonful of gelatine softened in one-fourth a cupful of water or fruit juice; stir over the fire until the gelatine is dissolved; when chilled and beginning to “set” use to fill the pastry; ornament the top with pieces of cooked fruit in contrasting color and maraschino cherries.

Note—Recipes for Chocolate Éclairs, Individual Lemon Pie, and Covered Currant Jelly Tartlets (herewith illustrated) will be found on pages 54, 60, 62.

## CHOCOLATE ÉCLAIRS (CHOU PASTE)

$\frac{1}{2}$  cupful Crisco  
1 cupful boiling water

$\frac{1}{2}$  teaspoonful salt  
1 cupful wheat flour  
3 eggs

Put the Crisco, boiling water and salt over the fire; when boiling sift in the flour (also sifted before measuring) and stir and cook until the mixture may be gathered into a compact mass; turn into a mixing bowl, break in one egg, beat until the mixture is smooth, then beat in the second egg, and when the mixture is smooth, the last egg. With two teaspoons spread the mixture on Criscoed baking pans in strips about four inches long and an inch and a half wide. Bake about 25 minutes. The oven should be hot on the bottom. The cakes are baked when they feel light when lifted in the hand and the sides are delicately browned. When cold split on one side and fill with English cream; invert and spread the smooth side with chocolate frosting. This frosting may be chocolate fondant or a simple frosting made of confectioner's sugar. The recipe makes 18 éclairs.

## ENGLISH CREAM FOR ÉCLAIRS

2 cupfuls milk  
 $\frac{1}{2}$  cupful flour, or  
 $\frac{1}{4}$  cupful cornstarch  
 $\frac{1}{2}$  cupful granulated sugar  
 $\frac{1}{4}$  teaspoonful salt

2 eggs or 4 yolks  
 $\frac{1}{4}$  cupful sugar  
 $\frac{1}{2}$  teaspoonful vanilla or orange  
extract

Scald the milk in a double boiler; sift together, several times, the flour, sugar and salt; dilute with a little of the hot milk; mix thoroughly, then stir into the rest of the hot milk; continue to stir until the mixture thickens, then cover and let cook ten minutes. Beat the eggs, beat in the sugar and stir into the hot mixture; stir and cook two or three minutes or until the egg is "set." When cooled a little, add the flavoring and use.

## CONFECTIONER'S CHOCOLATE FROSTING

$\frac{1}{4}$  cupful granulated sugar  
 $\frac{1}{4}$  cupful boiling water  
 $\frac{1}{2}$  teaspoonful vanilla extract

2 squares chocolate, melted  
sifted confectioner's sugar

Cook the granulated sugar and water three or four minutes; add the chocolate and beat in confectioner's sugar as needed. If the frosting thickens too much before it is all used, add boiling water a few drops at a time. At the last, beat in the extract.

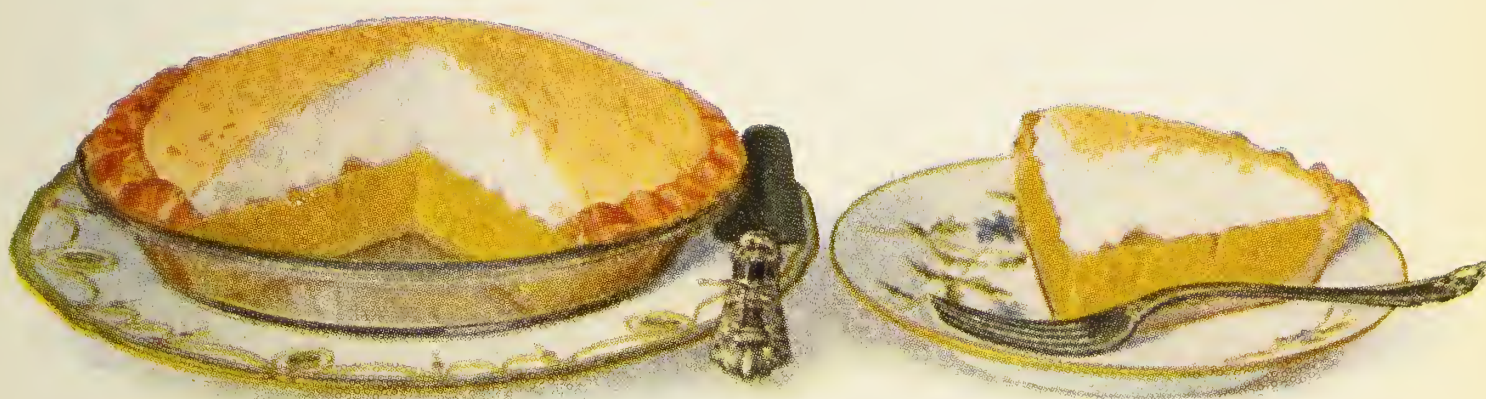
## CHEESE STRAWS

Crisco pastry  
grated cheese

few grains salt  
few grains paprika

Roll Crisco pastry into a thin rectangular sheet; sprinkle one-half with the cheese, salt, and paprika; fold the other half of the paste over the cheese; again sprinkle half of the paste with the cheese, salt, and paprika, and fold over it the other half of the paste; pat the paste with the rolling pin, lightly; cut into strips of same length and width. Bake in a moderate oven to a light amber shade.





## LEMON PIE, WITH MERINGUE

plain or flaky pastry  
2 tablespoonfuls Crisco  
1 whole egg and 3 yolks  
1 cupful sugar

1 lemon, juice and grated rind  
5 tablespoonfuls wheat flour, or  
3 tablespoonfuls cornstarch  
 $\frac{1}{2}$  teaspoonful salt

1 cupful milk

Line a pie plate with pastry, building up the edge as for a custard pie. Cream the Crisco and beat the eggs until light; beat part of the sugar into the Crisco and part into the eggs, then beat the two together; add the lemon rind and juice; stir part of the milk into the flour and salt and when smooth pour into the lemon mixture; add the rest of the milk and mix all together thoroughly; turn into the pastry-lined plate and let bake until firm in the center; let cool a little, spread the meringue smoothly over the filling, dredge with granulated sugar and let bake in a very moderate oven about 12 minutes.

### MERINGUE FOR LEMON PIE

3 egg whites

$\frac{1}{3}$  cupful granulated sugar

$\frac{1}{2}$  teaspoonful orange or vanilla extract

Beat the egg whites very light, then gradually beat in the sugar and the extract.

## INDIVIDUAL LEMON PIES

Make the recipe for plain pastry and use it to line about eight fluted patty pans; pour in the lemon filling and let bake about fifteen minutes or until the paste is done and the filling is well puffed. Let cool a little, then lift the pies out of the tins; set them on an inverted tin; spread with meringue, pipe more meringue above, dredge with granulated sugar and let cook in a slow oven about eight minutes.

### LEMON FILLING FOR INDIVIDUAL PIES

2½ tablespoonfuls cornstarch	3 egg yolks, beaten light
1 cupful granulated sugar	
½ teaspoonful salt	3 egg whites, beaten very light
1 cupful boiling water	⅓ cupful granulated sugar
grated rind and juice 1 lemon	

Sift together the cornstarch, sugar and salt; add the boiling water and stir until boiling; add the lemon rind and juice and beat in the yolks. For the meringue, beat the sugar into the whites a little at a time.

## PUMPKIN PIE

Crisco pastry	¼ cupful molasses
2 cupfuls strained pumpkin	½ cupful sugar
1 egg, beaten light	1 teaspoonful ginger
¼ cupful cracker crumbs	½ teaspoonful cinnamon
1 teaspoonful salt	1½ cupfuls rich milk

Line a plate with Crisco pastry, building up the edge as for a custard pie; mix all the ingredients together and turn into the prepared pastry. Bake about 40 minutes.

## RAISIN PIE

1 cupful raisins	½ cupful sugar
1 cupful boiling water	⅓ teaspoonful salt
3 tablespoonfuls cornstarch	½ lemon, juice
1 egg, beaten light	

Cook the raisins (seeded) in the water till the skins are tender. Add water as needed to have one cupful when cooked. Mix and sift the cornstarch with the sugar and salt and stir into the raisins; stir until boiling; add the lemon juice and egg. Bake between two Crisco pastry crusts.

## PINEAPPLE PIE

1 can grated pineapple (2 cupfuls)	½ teaspoonful salt
6 tablespoonfuls cornstarch	½ cupful sugar
	½ lemon, juice

Bake Crisco pastry over an inverted plate. Prick the pastry with a fork that it may rise evenly. Set the plate into the oven on a baking sheet to keep it clean and not overcooked on the edge. Cut figures (circles, crescents or similar designs) from some of the pastry and let bake. Scald the pineapple. Mix the cornstarch, salt, and sugar, and stir and cook in the pineapple until thick and boiling; cover and let cook 20 minutes. Set the cooked pastry inside a pie plate; turn in the partly-cooled filling and set the pastry figures above it.



## CHOCOLATE PIE

2 cupfuls milk	2 egg yolks
$\frac{1}{4}$ cupful cornstarch	3 tablespoonfuls sugar
$\frac{1}{2}$ cupful sugar	2 egg whites
$\frac{1}{2}$ teaspoonful salt	4 tablespoonfuls sugar
2 squares chocolate, melted	$\frac{1}{2}$ teaspoonful vanilla extract

Scald the milk over hot water; sift together the cornstarch, sugar, and salt, and stir into the hot milk; continue stirring until smooth and thick; cover and let cook 15 minutes; add the melted chocolate; beat the yolks, add the three tablespoonfuls of sugar, and beat into the mixture; beat until the egg is cooked; turn into a Crisco pastry shell, baked over an inverted plate, then set inside the plate. Beat the egg whites very light; beat in the sugar and vanilla and spread over the pie. Let cook in a very moderate oven 12 minutes, then increase the heat to tint the meringue a pale amber shade.

## SWEET POTATO PIE

$1\frac{1}{2}$ cupfuls sifted sweet potato	$\frac{1}{2}$ teaspoonful mace
3 tablespoonfuls Crisco	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cupful sugar	$\frac{1}{4}$ cupful cracker crumbs
$\frac{1}{2}$ cupful molasses	2 egg yolks, beaten light
$\frac{1}{2}$ teaspoonful salt	2 egg whites, beaten light

2 cupfuls rich milk

The potatoes are cooked and pressed through a ricer or sieve; add the other ingredients; mix thoroughly; bake in a plate lined with Crisco pastry as for a custard pie.

## RHUBARB PIE

$2\frac{1}{2}$ cupfuls sliced rhubarb	$\frac{1}{2}$ teaspoonful salt
1 cupful sugar	2 tablespoonfuls orange marmalade, or
3 tablespoonfuls flour	$\frac{1}{2}$ lemon, grated rind and juice

Pour boiling water over the rhubarb and bring quickly to the boiling point. Drain and press out all the liquid. Mix the sugar, flour, and salt together; add the rhubarb and marmalade or lemon, and mix again. Turn into a plate lined with Crisco pastry. Brush the edge of the pastry with cold water; set above the rhubarb strips of pastry half an inch wide, pressing them at the ends upon the edge of pastry. Let the strips of pastry extend across the pie in opposite directions to make small diamond-shaped openings. Brush the strips with cold water, dredge with sugar, and bake about 25 minutes.

## SOUR-CREAM PIE

2 egg yolks, beaten light	$\frac{1}{4}$ teaspoonful lemon extract
$\frac{2}{3}$ cupful sugar	$\frac{1}{4}$ teaspoonful ground cinnamon
1 cupful sour cream	$\frac{1}{4}$ teaspoonful ground cloves
$\frac{1}{2}$ cupful seeded raisins	2 egg whites, beaten light
2 tablespoonfuls wheat flour	4 tablespoonfuls sugar

Beat part of the sugar into the yolks and part into the cream; beat the two together, beat in the flour, extract, and spices, and turn into a plate lined with Crisco pastry as for a custard pie. Bake till firm in the center. Beat the whites; gradually beat in the sugar and spread over the pie. Bake in a very moderate oven about ten minutes.



## STRAWBERRY SHORTCAKE

2½ cupfuls wheat flour  
5 teaspoonfuls baking powder  
½ teaspoonful salt  
⅓ cupful Crisco  
1 cupful milk (about)

butter  
2 baskets strawberries  
1½ cupfuls granulated sugar  
whipped cream  
sugar

Sift together the flour, baking powder, and salt; with two knives or the tips of the fingers work in the Crisco, then use milk as needed to mix to a soft dough. With a spoon spread the dough in two well-Criscoed cake pans. Bake about 15 minutes. Turn one cake on a large chop plate, spread the bottom with butter, cover with strawberries mixed with the sugar, set the second cake above the berries, spread this with butter and berries. Serve with or without cream. This recipe may be used for fresh raspberries, blackberries, or peaches, or for canned apricots. To prepare the strawberries, hull, wash and drain them. Cut the berries in halves, mix with the sugar (more sugar may be needed), and let stand half an hour or longer. Use only part of the prepared berries on the cake; crush the rest and use as sauce. Sift confectioner's sugar over the top of the finished cake.



## BLUEBERRY PIE WITH MERINGUE

Line a pie plate with Crisco pastry, building up the edge as for a custard pie. Beat two egg yolks; add two cupfuls of canned blueberries and a tablespoonful of lemon juice. Mix together two-thirds a cupful of sugar, three tablespoonfuls of wheat flour or two tablespoonfuls of cornstarch, and one-fourth a teaspoonful of salt; combine the two mixtures and turn into the prepared plate. Bake about half an hour. Beat the whites of two eggs light; gradually beat in four tablespoonfuls of sugar and spread over the pie. Let bake in a very moderate oven about 15 minutes.

## MOTHER'S APPLE PIE

Line a pie plate with Crisco pastry; slice into it apples to fill very high and rounding in the center; add one tablespoonful of cold water and a scant half teaspoonful of salt. Lay the upper crust, in which slits have been cut, over the apples and trim the edge even with the under crust. Do not press the edges of the crusts together. Bake about half an hour. Run a thin-pointed knife between the two crusts at the edge, entirely around the pie. Lift the upper crust, set it upside down on a plate. To the apple add a grating of nutmeg, a scant two-thirds cupful of sugar, and half a teaspoonful of salt. Mix all together through the apple without disturbing the crust. Set the upper crust in place and serve as soon as possible.

## DRIED-APPLE PIE

With scissors, cut off all imperfections, bits of core, etc., from half a pound of dried apples, cover with cold water and let stand a few minutes. Wash and drain, then cover again with cold water to remain overnight. Cook tender in the same water; let cool slightly. Put as many of the apples as are needed into a plate lined with Crisco pastry, sprinkle on nearly a cupful of sugar, half a teaspoonful of salt and a grating of nutmeg. Set the upper crust in place and bake about 25 minutes.

## DRIED-APPLE PIE NO. 2

Take about a pint of the cooked apples; add three-fourths a cupful of molasses, half a teaspoonful of salt, and a teaspoonful of cinnamon; mix lightly and turn into the plate lined with Crisco pastry. Finish as above.

## CHERRY PIE

Line a pie plate with Crisco pastry; prepare about a pint of stoned cherries. Mix two tablespoonfuls of flour, one cupful of sugar, and half a teaspoonful of salt and mix through the cherries and juice; dot with a teaspoonful of butter, brush the edge with cold water, and set a second piece of pastry over the cherries, pressing the edges together. Bake about half an hour.

## RHUBARB-AND-RAISIN PIE

Crisco pastry

2½ cupfuls rhubarb in slices

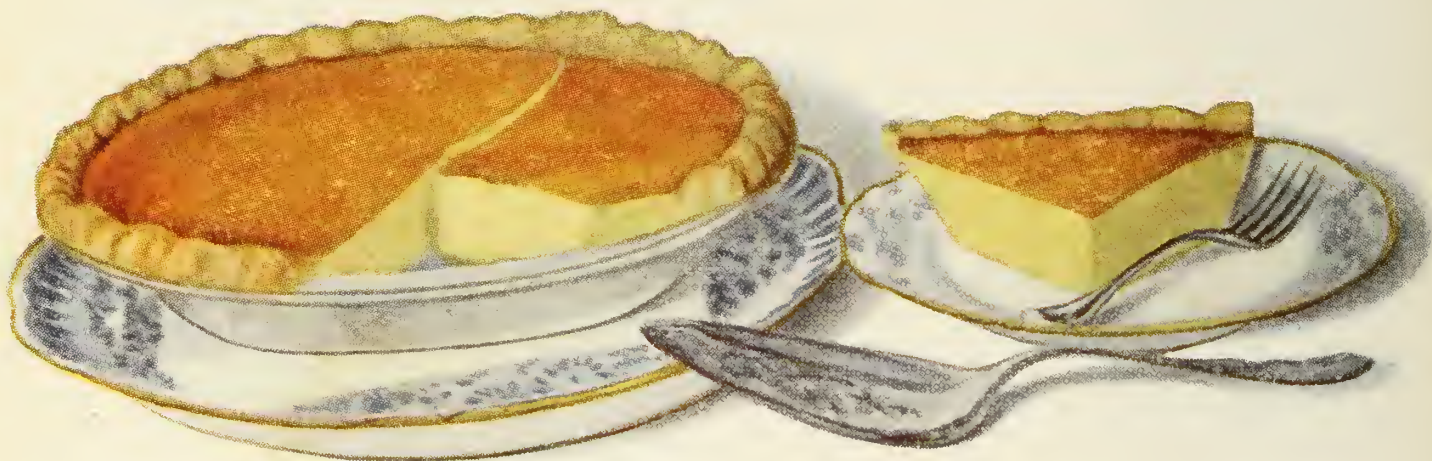
½ cupful raisins

⅞ cupful sugar

2 crackers, rolled fine

½ teaspoonful salt

Pour boiling water over the rhubarb; cover, let stand five minutes, then drain; add the raisins seeded and cut in halves, the sugar, cracker crumbs, and salt; mix and turn into a plate lined with Crisco pastry. Finish with an upper crust. Let bake in a moderate oven about 45 minutes.



## CUSTARD PIE

plain pastry  
4 eggs  
 $\frac{3}{4}$  cupful sugar

$\frac{1}{2}$  teaspoonful salt  
 $2\frac{1}{2}$  cupfuls rich milk  
nutmeg

Trim the sheet of paste to extend beyond the plate three-fourths an inch on all sides, roll over the paste to meet the edge of the plate. Flute this double fold of paste with the thumb and finger and press each fluting down upon the edge of the plate. In setting the paste on the plate, press out all air from below. Beat the eggs, add the sugar and salt and beat again, add the milk, mix thoroughly and turn into the prepared plate. Set to cook in a hot oven, lowering the heat after a few minutes that the custard be not overcooked. When puffy and firm the pie is baked. Grate a little nutmeg over the top and chill before serving. For plain pastry see page 54.



## LEMON-WHEY PIE

Crisco pastry	$\frac{1}{2}$ teaspoonful salt
1 cupful whey or buttermilk	2 egg yolks
3 tablespoonfuls cornstarch	1 tablespoonful Crisco, creamed
$\frac{2}{3}$ cupful maple syrup, or granulated sugar	1 lemon, juice and grated rind

Heat the whey or milk in a double boiler. Whey is abundant after making cottage cheese. With buttermilk use one spoonful less of cornstarch. Mix the cornstarch to a smooth paste with the maple syrup; stir and cook in the hot liquid until the mixture thickens; cover and let cook, stirring occasionally, 20 minutes; beat the salt and yolks into the Crisco and stir with the lemon rind and juice into the hot mixture; let cook until the egg is "set." Line the plate with the paste; fill it with the lemon-whey mixture; cover with the meringue and let bake in a very slow oven about 20 minutes.

## MERINGUE FOR LEMON-WHEY PIE

2 egg whites, beaten very light	4 tablespoonfuls granulated sugar
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Beat the egg whites very light; gradually beat in the sugar; after the meringue is spread in place, dredge it with about a tablespoonful of granulated sugar.

## LEMON PIE WITH TWO CRUSTS

Crisco pastry	1 cupful boiling water
3 tablespoonfuls flour	$\frac{1}{2}$ cupful molasses
$\frac{1}{2}$ cupful sugar	1 large lemon
$\frac{1}{2}$ teaspoonful salt	1 egg, beaten light

Mix and sift together the flour, sugar, and salt, then stir and cook in the boiling water until thickened slightly and smooth; add the molasses, the grated yellow rind of the lemon, and the pulp freed of seeds, chopped very fine. Bake between two crusts about 30 minutes.

## ENGLISH PINEAPPLE PIE

Drain and heat the juice from a two-pound can of sliced pineapple. Mix three-fourths a cupful of sugar with two tablespoonfuls of cornstarch and stir into the hot juice. Continue to stir until the mixture thickens, then let cook over hot water about ten minutes. Beat the yolks of two eggs and stir through the mixture; add one-third a teaspoonful of salt and five slices of pineapple cut into bits. Have ready a Crisco pastry shell (baked over an inverted plate) and fill it with the mixture. Beat the whites of two eggs very stiff, gradually beat in one-fourth a cupful of sugar, and spread over the filling. Bake in a very moderate oven about ten minutes.

## GREEN CURRANT PIE

Crisco pastry	1 cupful sugar, generous
$2\frac{1}{2}$ cupfuls large green currants	$\frac{1}{2}$ teaspoonful salt
2 crackers, rolled fine	1 teaspoonful butter, in bits
a grating of nutmeg, if desired	

Mix all the ingredients for the filling and turn into a plate lined with Crisco pastry; cover with an upper layer of pastry. Bake about 35 minutes. A green currant pie was one of the delicacies of the later colonial tables.

## FIG PIE

Cut fine three-fourths a pound of fresh or dried figs; add a cupful and a half of boiling water, and let cook about half an hour, or until the skins are tender. Beat the yolks of two eggs; add two tablespoonfuls of sugar, and beat again with a few grains of salt; stir into the figs and let cook until the egg is "set," stirring meanwhile. Turn into a plate lined with cooked Crisco pastry. Beat the whites of two eggs very light; gradually beat in four tablespoonfuls of sugar and spread over the pie. Dredge with granulated sugar. Let cook in a very slow oven about 20 minutes.

## GOOSEBERRY PIE

Line a pie plate with Crisco pastry; fill plate with stemmed-and-tailed gooseberries; mix a cupful of sugar with two tablespoonfuls of flour and a scant half teaspoonful of salt and spread over the berries; grate on a little nutmeg if desired; brush the edge of the paste with cold water and set a round of Crisco pastry with slits in the center above the fruit; trim if needed, and press the two edges together; bake about 45 minutes.

## GREEN TOMATO PIE

Crisco pastry	2 tablespoonfuls cider vinegar
2 cupfuls green tomatoes	$\frac{1}{2}$ teaspoonful salt
3 tablespoonfuls melted Crisco	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cupful brown sugar	$\frac{1}{4}$ teaspoonful cloves
$\frac{1}{2}$ cupful raisins, chopped	$\frac{1}{4}$ teaspoonful mace

Chop the tomatoes, cover with boiling water, and let boil quickly; drain at once, add the other ingredients, and mix thoroughly. Bake between two crusts.

## FIG PIE WITH TWO CRUSTS

Crisco pastry	$\frac{1}{2}$ lemon, rind and juice
$\frac{1}{2}$ pound figs (scant)	$\frac{2}{3}$ cupful sugar
$\frac{1}{4}$ pound raisins	1 egg, beaten light
	$\frac{1}{2}$ teaspoonful salt

Cover the figs and raisins with boiling water and let cook until the skins are tender; chop the figs and raisins; add the other ingredients and mix thoroughly; bake between two layers of Crisco pastry about 25 minutes.

## ALMOND STRIPS

Roll Crisco pastry as for lining a pie plate; cut in strips two inches wide and four inches long; set them on a baking sheet, brush over with the white of an egg, slightly beaten, and sprinkle with thin-sliced almonds and granulated sugar mixed with a little cinnamon. Bake to a delicate amber shade.

## PASTRY HEARTS

Roll Crisco pastry into a very thin rectangular sheet; spread with jelly and roll firm like a jelly roll; cut in one-fourth inch slices; with the fingers draw them to a point at one end and press them in at the other end to give them the shape of a heart; brush over with egg white, beaten slightly; dredge with granulated sugar and bake to an amber shade.



## STRAWBERRY TARTS

Bake Crisco pastry over small inverted tins. Set the tins for baking on a tin sheet to keep the edges from the oven. Prick the pastry with a fork, that it may rise evenly. When baked, slip from the tins and invert. Fill the open space with strawberry preserves or any variety of marmalade; sprinkle the edge of the preserves next the pastry with a narrow line of shredded cocoanut or chopped almonds.

## MELBA TARTS

Roll Crisco pastry into a sheet as for pies (page 54), cut out rounds between three and four inches in diameter. Pipe chou paste (page 60) on the edge of each. Bake in a quick oven until done (about 20 minutes). Set half a canned apricot, round side up, in the center of each tart. To a cupful of syrup from the can, add one-fourth a cupful of sugar and let boil three or four minutes; in this dissolve half a tablespoonful of granulated gelatine softened in two tablespoonfuls of cold water. Stir over ice and water until beginning to "set," then spread over the apricots to coat them completely.

## CREAM CAKES (CHOU PASTE)

$\frac{1}{2}$  cupful Crisco  
1 cupful boiling water

1 cupful pastry flour  
3 eggs

### FILLING

2 cupfuls milk  
 $\frac{1}{2}$  cupful flour  
 $\frac{1}{2}$  teaspoonful salt

2 eggs  
 $\frac{3}{4}$  cupful sugar  
1 teaspoonful vanilla

Put the Crisco over the fire in the water; when again boiling, sift in the flour and stir and cook until the mixture leaves the sides of the pan a smooth paste; turn into an earthen bowl and beat in the eggs one at a time; beat in each egg thoroughly before the next is added; drop onto a baking sheet in irregular rounds about three inches in diameter. Bake in an oven with strong heat on the bottom about 25 minutes. When done the cakes will feel light, taken in the hand; when cool, open on one side and insert the filling. To make the filling, stir a little of the milk with the flour and salt to make a thin paste; cook this in the rest of the milk scalded over hot water, stirring constantly until the mixture thickens; let cook 15 minutes; beat the eggs; add the sugar, and beat again; then stir into the hot mixture; stir and cook until the egg is cooked; let cool, then add the vanilla and use.

## BANANA BOATS

Roll Crisco pastry in a thin sheet; cut in pieces to fit over small "brownie" tins when inverted; prick the paste in several places with a fork; bake till done; melt a glass of currant or other jelly in a little boiling water; heat and let cook until a smooth, thick syrup; in this scald bananas, peeled, scraped, and cut in thin slices; set these in the bottom of the Crisco pastry shells, with slices, one overlapping another, lengthwise of the shells. To a cupful of the melted jelly, add half a tablespoonful of gelatine softened in cold water; when chilled a little pour over the bananas to coat them completely.

## APPLE DUMPLINGS

Roll Crisco pastry into a sheet as for pies and cut into rounds large enough to enclose an apple. Have ready cored-and-pared apples, cooked in a cup, each, of sugar and water until tender, but not broken, and then cooled. Watch the apples while cooking, turning them often that they keep their shape. Set an apple on a round of the paste and enclose it securely. A small (two inches in diameter) round of paste with lower edge wet in cold water may be pressed over the place where the paste comes together at the top. Set the prepared apples in a baking pan. Brush over with cold water and dredge on a little granulated sugar. Let bake until the crust is done. Serve with the syrup in which the apples were cooked, or sugar and milk.

## EGGS À LA ST. JACQUES

Roll Crisco pastry into a thin sheet and use in covering the outside of inverted tart or brownie tins. Prick the paste all over and set the tins on a baking sheet. Bake about ten minutes. Slide the pastry from the tins. Beat the yolk of an egg and very gradually beat into it half a teaspoonful of beef extract; use to brush over the cases, both inside, and outside, and return to the oven to "set" the mixture. Chill thoroughly. Select small eggs; poach an egg for each case; trim to fit the cases and let chill. Dissolve half a tablespoonful of gelatine, softened in cold water, in a cupful of clarified chicken broth. When the mixture is cold and begins to stiffen, use it to coat the eggs completely. Set them in the cases; chop some of the chicken jelly fine, and set it where the egg and case meet. Serve very cold as a first course at luncheon or dinner.

## LEMON CHEESE PIE

$\frac{2}{3}$ cupful milk	1 cupful cottage cheese
$\frac{2}{3}$ cupful honey or sugar	2 tablespoonfuls Crisco
2 tablespoonfuls cornstarch	$\frac{1}{2}$ teaspoonful salt
1 egg yolk, beaten light	1 lemon, juice and grated rind

Scald the milk in a double boiler; mix the cornstarch with the honey or sugar and stir into the hot milk; stir until the mixture thickens; cover and let cook, stirring occasionally, 15 minutes; add the yolk beaten light, and let cook until the egg thickens; add the other ingredients and when again hot, turn into a well-baked crust; cover with a meringue made with the white of the egg and two tablespoonfuls of sugar. Let bake in a very moderate oven about ten minutes.

## CHEESE D'ARTOIS

Crisco pastry	2 egg yolks
(1 cupful flour, $\frac{1}{4}$ cupful Crisco)	$\frac{1}{4}$ teaspoonful salt
2 tablespoonfuls Crisco	$\frac{1}{4}$ teaspoonful paprika
1 egg white	$\frac{1}{2}$ cupful grated cheese

Roll the pastry into a thin rectangular sheet, and cut into two pieces of same size and shape. Lay one piece of pastry on a baking sheet. Cream the Crisco; beat in the salt, paprika, and cheese. Spread this over the pastry; cover with the second piece of pastry; score with a knife in strips one inch wide and about three inches long; brush over with beaten egg; bake about 15 minutes. Cut into strips at the scoring. Serve at once or reheat before serving.



## COTTAGE CHEESE PIE

Crisco pastry	2 eggs, beaten light
1½ cupfuls cottage cheese	2 tablespoonfuls thick cream
1 cupful fine-chopped raisins	2 tablespoonfuls melted Crisco
½ cupful honey	1 lemon, grated rind and juice

Line a plate with pastry as for a custard pie. Press the cheese through a ricer; add the other ingredients and mix thoroughly; turn into the pastry-lined plate and let bake until the mixture thickens slightly. The oven should be of good heat at first to bake the pastry, then lower the heat, that the mixture be not overcooked. Sugar may be used in place of the honey.

## COTTAGE CHEESE PIE NO. 2

Omit the raisins, otherwise prepare and bake the pie as above. When taken from the oven spread a thin layer of strawberry or other preserves or jam above the cheese mixture. The edge may be sprinkled with cocoanut, if desired.

## CHEESE CAKES

Crisco pastry	1 lemon
2 eggs	¼ cupful Crisco
1 cupful sugar	⅓ teaspoonful salt

Line small tins or patty pans with Crisco pastry. Beat the egg yolks; gradually beat in part of the sugar and the grated rind of the lemon. Heat the juice of the lemon, the rest of the sugar, and the Crisco with the salt, in a double boiler; when hot, stir and cook the lemon mixture in it until thickened slightly; fold in the white of one egg beaten light; stir and cook until the egg white is "set," then let cool a little and turn into the pastry-lined tins to fill them to three-fourths their height. Bake about 15 minutes; brush them over with egg white, beaten slightly; dredge with granulated sugar and return to the oven to "set" the glaze.

## CHERRIES WITH CRUSTS

Cut rings from slices of bread, half an inch thick; soak these in egg yolk, beaten and diluted with milk or cream and mixed with sugar and a grating of orange peel. Egg-and-crumb, using macaroon crumbs, and, lastly, bread crumbs; sauté in hot Crisco; cover with marmalade and sprinkle with chopped almonds. Dress crown-shape, one overlapping another, with stewed cherries in the center. Thicken the cherry syrup with cornstarch or arrowroot for a sauce.



## EMILY'S WHITE CAKE

1 $\frac{1}{2}$ cupful Crisco	1 teaspoonful salt
1 $\frac{1}{2}$ cupfuls sugar	1 cupful water
3 cupfuls wheat flour	1 teaspoonful flavoring
3 teaspoonfuls baking powder	whites of 3 eggs

Cream Crisco. Add sugar slowly and cream together. Sift dry ingredients and add alternately with the liquid. Add flavoring, beat mixture thoroughly and last fold in stiffly beaten whites of eggs. Prepare layer-cake tins by greasing them with a mixture of Crisco and flour. Pour in cake mixture; put in moderate oven, allow to rise for five minutes, increase heat to bake; at the end of 15 minutes, reduce heat to allow cake to shrink from the pan. Entire time for baking 20 minutes.—*Kate B. Vaughn.*

## CHOCOLATE FROSTING

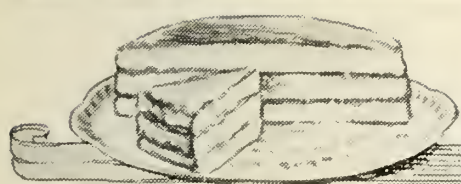
1 cupful granulated sugar	6 squares chocolate
1 cupful boiling water	confectioner's sugar as needed
1 teaspoonful vanilla extract	

Melt the sugar in the boiling water, cover and let boil three or four minutes, add the chocolate broken in pieces and let melt over boiling water, then beat in the sugar, sifted, and the extract. Use sugar to make the frosting of a consistency to spread and not run from the cake. If it becomes too stiff before it is spread, add boiling water or syrup, a few drops at a time.

## THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

When cake is not a success, it is not the fault of the Crisco. Either too much was used, the oven heat not perfectly controlled or some important ingredient was used in the wrong proportion. Crisco should be creamed with the sugar more thoroughly than butter, as Crisco contains no moisture to dissolve the sugar.





# CAKES

## ROLLED OATS DROP COOKIES

$\frac{1}{2}$  cupful Crisco  
1 cupful molasses  
 $\frac{2}{3}$  cupful sour milk  
 $\frac{3}{4}$  teaspoonful soda  
1 teaspoonful cinnamon  
 $\frac{1}{2}$  teaspoonful salt

$\frac{1}{2}$  teaspoonful nutmeg  
 $\frac{1}{2}$  teaspoonful cloves  
1 cupful flour  
2 cupfuls rolled oats  
 $\frac{1}{2}$  cupful ground peanuts  
1 teaspoonful vanilla

Cream the Crisco; add the liquid and the sifted dry ingredients. Then add the rolled oats, the peanuts and the vanilla. Drop the mixture by spoonfuls on a Criscoed pan; press each cookie into shape with a fork wet in cold water, and bake them in a moderate oven.

## COOKIES

$\frac{1}{2}$  cupful Crisco  
1 cupful sugar  
1 beaten egg

$\frac{1}{2}$  cupful sour milk  
 $2\frac{1}{2}$  cupfuls wheat flour  
3 teaspoonfuls baking powder  
 $\frac{1}{4}$  teaspoonful soda

Cream the Crisco, beat in the sugar, egg, and milk. Sift the flour with the soda and baking powder. Beat into the first mixture. Add one teaspoonful vanilla and two teaspoonfuls shredded cocoanut. Drop in small rounds on Criscoed cookie tins and bake in hot oven ten minutes.

## POTATO COOKIES

3 tablespoonfuls Crisco  
 $\frac{3}{4}$  cupful sugar  
1 egg, well beaten  
1 cupful riced potato

2 cupfuls wheat flour  
 $\frac{3}{4}$  teaspoonful salt  
3 teaspoonfuls baking powder  
grating of lemon rind or nutmeg

Cream the Crisco; gradually beat in the sugar, the egg, potato, and flour sifted with the salt and baking powder. Mix to a dough; more flour may be needed. Roll into a thin sheet and cut into rounds. Bake about 15 minutes on a Criscoed baking sheet.

## PLAIN, SOFT MOLASSES COOKIES

2 tablespoonfuls Crisco  
2 tablespoonfuls boiling water  
 $\frac{3}{4}$  cupful molasses

$\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  teaspoonful ginger  
1 teaspoonful sifted soda  
 $2\frac{1}{4}$  cupfuls wheat flour

Melt the Crisco in the boiling water; add the other liquid ingredients and sift in the dry ingredients. Mix to a soft dough, adding more flour if necessary. Roll half an inch thick and cut in rounds. Bake in a moderate oven. Or, leave out one or two tablespoonfuls of the flour and drop from a teaspoon. Shape into rounds; dredge with sugar and bake.



## CHOCOLATE CAKE, MARSHMALLOW FROSTING

$\frac{1}{2}$ cupful Crisco	$2\frac{1}{2}$ cupfuls wheat flour
$1\frac{1}{3}$ cupfuls sifted brown sugar	$\frac{1}{4}$ cupful rice or corn flour
2 egg yolks, beaten light	$\frac{1}{2}$ teaspoonful cinnamon
4 ounces chocolate, melted	$\frac{1}{4}$ teaspoonful cloves
$\frac{1}{2}$ cupful sifted brown sugar	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful boiling water	1 teaspoonful soda
$\frac{1}{2}$ cupful sour milk	1 teaspoonful baking powder
2 egg whites, beaten very light	

Cream the Crisco; beat half the first quantity of sugar into the Crisco, the other half into the yolks, then beat the two together. Melt the chocolate (over boiling water), add the half cupful of brown sugar and boiling water and stir until well mixed, then add to the first mixture with the sour milk; add the flour sifted with the spices, salt, soda, and baking powder and, lastly, beat in the whites of eggs. Bake in three layer-cake pans; put together and cover the outside with

### MARSHMALLOW FROSTING

$1\frac{1}{2}$ cupfuls granulated sugar	3 egg whites, beaten very light
$\frac{1}{2}$ cupful boiling water	$\frac{1}{2}$ pound fresh marshmallows
$\frac{1}{2}$ teaspoonful vanilla extract	

Melt the sugar in the boiling water; wash down the inside of the saucepan, cover and let boil three minutes; uncover and let boil until a little of the syrup dropped into cold water may be gathered in a soft ball (240 degrees F.). Pour the syrup in a fine stream on the egg whites, beating constantly meanwhile; beat until somewhat cooled, add the marshmallows, each cut in quarters, and the flavoring, and use as above.



## SOFT MOLASSES COOKIES

1 cupful Crisco	1 cupful wheat flour
1 cupful brown sugar	3 cupfuls wheat flour
1 $\frac{1}{3}$ cupfuls molasses	2 teaspoonfuls soda
1 egg, beaten light	1 tablespoonful cinnamon
1 cupful thick sour milk	1 tablespoonful ginger
	1 teaspoonful salt

Cream the Crisco; gradually beat in the sugar (rolled and sifted if necessary), add the molasses, egg, and milk, and stir in the dry ingredients sifted together. More flour will be needed; add enough to make a dough that may be rolled out; cut into thick rounds and bake in well-Criscoed tins in a quick oven. To keep the cookies soft add no more flour than is needed for shaping. By chilling the mixture overnight less flour will be needed in handling the cookies. To make half the recipe use the whole of a small egg or take either the white or the yolk of a larger egg.

## HONEY COOKIES

$\frac{1}{2}$ cupful Crisco	3 cupfuls wheat flour
$\frac{2}{3}$ cupful granulated sugar	4 teaspoonfuls baking powder
$\frac{1}{2}$ cupful honey	1 teaspoonful salt
grated rind 1 lemon	chopped almonds (about 12)
1 egg and 1 yolk	1 egg white and granulated sugar (for glazing)

Beat the Crisco to a cream and gradually beat in the sugar and the honey; add the lemon rind, the egg and yolk beaten together and the flour sifted with the baking powder and salt and mix to a dough that may be kneaded. More flour may be required. Knead a portion of the dough on a floured board, roll into a thin sheet and cut into rounds; rub over a baking pan with Crisco, set the cookies in place, brush them with the egg white reserved for the purpose and slightly beaten, then sprinkle with the chopped nuts, dredge with sugar and bake to an amber color. These keep well and are particularly good cookies.

## DATE COOKIES

$\frac{1}{2}$ cupful Crisco	3 cupfuls wheat flour
$\frac{3}{4}$ cupful sugar	3 teaspoonfuls baking powder
1 egg, beaten light	$\frac{1}{2}$ teaspoonful salt
grated rind 1 lemon or orange	$\frac{1}{2}$ pound dates
$\frac{1}{2}$ cupful milk	2 tablespoonfuls sugar

Cream the Crisco and gradually beat in the sugar; add the egg and grated rind. Sift together the flour, baking powder and salt and add to the first mixture, alternately, with the milk. Chill the dough if convenient. More flour may be needed. The cookies should not spread in baking. Take the dough on a floured board a little at a time, knead slightly, roll thin and cut in rounds. Lift half the rounds to a baking sheet, spread with the stoned dates cooked with the sugar and chopped; brush the edge with water, cover with the other half of the cakes, pressing the edges together closely, dredge with granulated sugar. Bake in a moderate oven. Figs or canned pineapple (grated) may be used in place of the dates.

## CORN MEAL AND ROLLED OATS COOKIES

1 cupful corn meal  
1 cupful rolled oats  
1 cupful molasses  
1 teaspoonful salt  
1 cupful sour milk

$\frac{1}{2}$  cupful Crisco  
1 teaspoonful soda  
1 cupful wheat flour  
 $\frac{1}{2}$  teaspoonful nutmeg  
 $\frac{1}{4}$  teaspoonful ginger

Heat the corn meal, the rolled oats, the molasses, the salt, and the milk together, stirring the mixture constantly until it becomes a thick paste. Remove it from the fire and add the Crisco and the sifted soda, flour, and spices. Allow the mixture to stand until it is cold. Roll it thin, cut it with a small cutter, and bake the cookies in a moderately hot oven.

## COCOANUT DROP COOKIES

$\frac{1}{4}$  cupful Crisco  
1 cupful sugar  
 $\frac{1}{4}$  cupful sour milk  
 $\frac{1}{4}$  teaspoonful soda

1 teaspoonful baking powder  
 $\frac{1}{3}$  teaspoonful salt  
2 cupfuls wheat flour  
 $\frac{1}{3}$  cupful cocoanut

1 teaspoonful vanilla

Cream the Crisco, gradually beat in the sugar, and then the milk and the sifted dry ingredients. Add the cocoanut and the vanilla last. Let the mixture stand for 20 minutes before baking, since it thickens on standing. Drop it by spoonfuls on a Criscoed tin. Bake the cookies in a rather quick oven until they are a light brown. When fresh they taste somewhat like macaroons.

## ROLLED OATS AND BUCKWHEAT DROP COOKIES

$\frac{3}{4}$  cupful Crisco  
 $\frac{1}{2}$  cupful sugar  
 $\frac{1}{2}$  cupful molasses  
 $\frac{2}{3}$  cupful sour milk  
1 teaspoonful soda  
 $\frac{1}{2}$  teaspoonful salt

2 cupfuls buckwheat flour  
 $\frac{1}{2}$  teaspoonful, each, of nutmeg and  
cloves  
1 teaspoonful cinnamon  
2 cupfuls rolled oats  
1 teaspoonful vanilla

$\frac{1}{2}$  cupful raisins

Cream the Crisco; beat in the sugar; add the liquids and the dry ingredients which have been sifted together. Then add the rolled oats, the vanilla, and the raisins. Drop the mixture by spoonfuls on Criscoed pans, and bake it in a moderate oven.

## CHOCOLATE COOKIES

$\frac{1}{2}$  cupful Crisco  
1 cupful sugar  
2 ounces chocolate, melted  
1 egg, well beaten

2 tablespoonfuls milk  
2 cupfuls flour  
 $\frac{1}{3}$  teaspoonful soda  
 $\frac{1}{2}$  teaspoonful cinnamon  
 $\frac{1}{2}$  teaspoonful salt

Cream the Crisco and beat in the other ingredients in the order enumerated, mixing and sifting the soda, cinnamon, and salt with the flour. Chill the dough in the refrigerator; roll and cut in small cakes. Bake in a moderate oven.



## MAPLE COOKIES

1½ cupfuls wheat flour	1 egg, beaten light
1 teaspoonful cinnamon	½ cupful maple syrup
¼ teaspoonful salt	¼ cupful brown sugar
2½ teaspoonfuls baking powder	3 tablespoonfuls melted Crisco
¼ teaspoonful soda	2 tablespoonfuls sour milk
½ cupful chopped nuts or raisins	

Mix and sift together the dry ingredients. To the egg add the other liquid ingredients and stir into the dry ingredients. Add the nuts or fruit, mixed with a little flour, last. Drop by spoonfuls on Criscoed tins. Bake in moderate oven. If not stiff enough to hold the shape, add a little more flour.

## OATMEAL FRUIT COOKIES

¾ cupful Crisco	½ cupful milk
⅞ cupful sugar	2 cupfuls rolled oats
1 cupful chopped raisins, dates, or figs	2 cupfuls wheat flour
1 egg, beaten light	1 teaspoonful salt
2 ounces chocolate, melted	¾ teaspoonful soda
	2 teaspoonfuls cinnamon

Cream the Crisco; beat in the sugar and fruit; add the egg, the chocolate, milk, oats, and flour sifted with the other ingredients. Drop with a teaspoon on a Criscoed baking sheet and shape into smooth rounds. Bake in a moderate oven. An additional spoonful of milk may be needed. The recipe makes about 36 cookies.

## PEANUT DROP COOKIES

4 tablespoonfuls Crisco	3 cupfuls wheat flour
1 egg, beaten light	1 teaspoonful salt
⅔ cupful sugar	4 teaspoonfuls baking powder
1 cupful chopped peanuts	2 tablespoonfuls milk

Beat half of the sugar into the Crisco and the other half into the egg and beat the two together. Add the flour sifted with the salt and baking powder; add the peanuts. If too stiff to shape, add the milk. Drop on Criscoed tins and shape with a teaspoon. Bake about ten minutes.

## RICH COOKIES

½ cupful Crisco	grating orange rind, or
1 cupful sugar	¼ teaspoonful mace
2 eggs, beaten light	1½ cupfuls wheat flour
1 teaspoonful baking powder	

Mix in the order enumerated; more flour may be needed; knead slightly, roll and cut in shapes. Bake in a quick oven. A little sugar dredged on the cakes before baking improves the appearance, but it is an unnecessary addition.

## RASPBERRY JAM JUMBLES

Roll the dough for Rich Cookies into a sheet, cut part of it into rounds, and then cut an equal number of rings; set the rounds in a Criscoed baking pan; spread them with raspberry jam and set the rings above; brush over the top of the rings with white of egg, beaten slightly, sprinkle with cocoanut and granulated sugar and bake till done.

## HERMITS

$\frac{1}{3}$ cupful Crisco	$2\frac{1}{2}$ cupfuls wheat flour
$\frac{1}{3}$ cupful sugar	$\frac{1}{2}$ teaspoonful soda
$\frac{2}{3}$ cupful seeded raisins, chopped	$\frac{1}{2}$ teaspoonful salt
1 egg, beaten light	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cupful molasses	$\frac{1}{2}$ teaspoonful ginger
	$\frac{1}{3}$ teaspoonful clove

Cream the Crisco, beat in the sugar, raisins, egg, molasses, and flour sifted with the soda, salt, and spices. Add more flour if needed. Knead slightly and roll into a sheet, cut into rounds; bake in a quick oven.

## OATMEAL DROP CAKES

$\frac{1}{3}$ cupful Crisco	1 egg and 1 yolk
$\frac{1}{2}$ cupful sugar	$\frac{1}{4}$ cupful sweet milk
$\frac{1}{2}$ cupful raisins	1 cupful wheat flour
$\frac{1}{2}$ cupful nut meats	$\frac{1}{4}$ teaspoonful soda
1 cupful rolled oats	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco, beat in the sugar, the raisins and the nut meats chopped together, and the rolled oats; beat the egg and yolk, add the milk, and stir into the first mixture, alternately, with the flour mixed and sifted thoroughly with the soda and salt. Drop by teaspoonfuls onto a Criscoed pan, allowing one and one-half inches between each cake, make smooth and bake in a quick oven.

## POTATO CAKE

1 cupful Crisco	1 cupful sweet chocolate, grated
1 teaspoonful salt	1 cupful fine-chopped nuts
$1\frac{3}{4}$ cupfuls sugar	grated rind 1 lemon
3 egg yolks, beaten light	$2\frac{1}{3}$ cupfuls wheat flour
1 cupful riced potato	3 teaspoonfuls baking powder
	3 egg whites, beaten light

Cream the Crisco and salt; gradually beat in the sugar, egg yolks, riced potato, chocolate, nuts, and lemon rind; add the flour sifted with the baking powder, and, lastly, the whites. Bake in three layer-cake pans, well-Criscoed, about 15 minutes. Put the layers together with fruit jelly and cover the outside with

## MOCHA FROSTING

$\frac{3}{4}$ cupful Crisco	2 cupfuls confectioners' sugar
$\frac{1}{2}$ teaspoonful salt	strong black coffee

Cream the Crisco with the salt; gradually beat in the sugar, then, drop by drop, coffee to tint and flavor as desired.

## DELICATE MUFFINS

4 tablespoonfuls Crisco	1 cupful oat flour
$\frac{1}{4}$ cupful sugar	1 cupful wheat flour
1 egg, beaten light	4 teaspoonfuls baking powder
$\frac{3}{4}$ cupful milk	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco, gradually beat in the sugar and the egg; add the milk, alternately, with the flour, baking powder, and salt sifted together. Bake about 25 minutes in a hot well-Criscoed iron muffin pan.





## ORANGE GOLD CAKE

$\frac{1}{4}$  cupful Crisco  
 $\frac{1}{2}$  cupful sugar  
4 egg yolks  
grated rind 1 orange  
 $\frac{1}{3}$  teaspoonful salt  
 $\frac{1}{4}$  cupful milk  
1 cupful sifted wheat flour  
2 teaspoonfuls baking powder

### FROSTING

1 cupful sugar  
 $\frac{1}{4}$  cupful boiling water  
2 egg whites  
 $\frac{1}{2}$  teaspoonful orange extract  
 $\frac{1}{4}$  teaspoonful almond extract

Cream the Crisco; beat in the sugar, the yolks, beaten light, the grated rind and salt, and, alternately, the milk and the flour sifted with the baking powder. Bake in a round Criscoed pan (seven inches in diameter) about 20 minutes. When the cake is cold, invert it and cover the surface with the frosting. Melt the sugar in the water, wash down the inside of the pan, cover and let cook three or four minutes, then uncover and let cook until a soft ball may be formed when the syrup is tested in cold water. Pour, in a fine stream, on the whites of eggs beaten very light, beating constantly meanwhile; continue to beat until cold, add the flavoring and use as above.

## GINGERBREAD

$\frac{1}{3}$ cupful Crisco.	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful sugar	1 tablespoonful ginger
$\frac{1}{2}$ cupful molasses	1 teaspoonful cinnamon
2 ounces chocolate, melted	$\frac{1}{4}$ teaspoonful cloves
1 cupful thick sour milk	1 teaspoonful soda
$2\frac{1}{2}$ cupfuls wheat flour	1 teaspoonful baking powder

Cream the Crisco; beat in the sugar, molasses, chocolate, and milk; add the other ingredients, sifted together; bake in a shallow Criscoed pan.

## GINGERSNAPS

1 cupful Crisco	1 tablespoonful ginger
1 cupful molasses	$\frac{1}{2}$ teaspoonful salt
1 cupful brown sugar	1 teaspoonful soda
1 egg, beaten light	$2\frac{1}{2}$ cupfuls wheat flour

Put the Crisco, molasses, and sugar over the fire to melt the Crisco and sugar, then let boil about six minutes after boiling begins. When cooled somewhat (lukewarm) add the egg, with the ginger, salt, soda, and flour sifted together; stir to a dough, adding wheat flour as required. Knead on a board, roll into a thin sheet, cut into rounds and bake in a moderate oven. Let the first three ingredients boil until a little of the mixture dropped into cold water may be gathered into a soft ball.

## COFFEE GINGERBREAD

$\frac{1}{2}$ cupful Crisco	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cupful sugar	$2\frac{1}{2}$ cupfuls wheat flour
1 egg, beaten light	1 teaspoonful soda
$\frac{1}{2}$ cupful molasses	1 teaspoonful ginger
$\frac{1}{2}$ cupful strong coffee	$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{4}$ teaspoonful clove

Mix in the usual manner, adding the coffee, alternately, with the flour sifted with the spices, soda, and salt. Bake in a shallow pan. When convenient, it may be finished with

## GOOD LUCK FROSTING

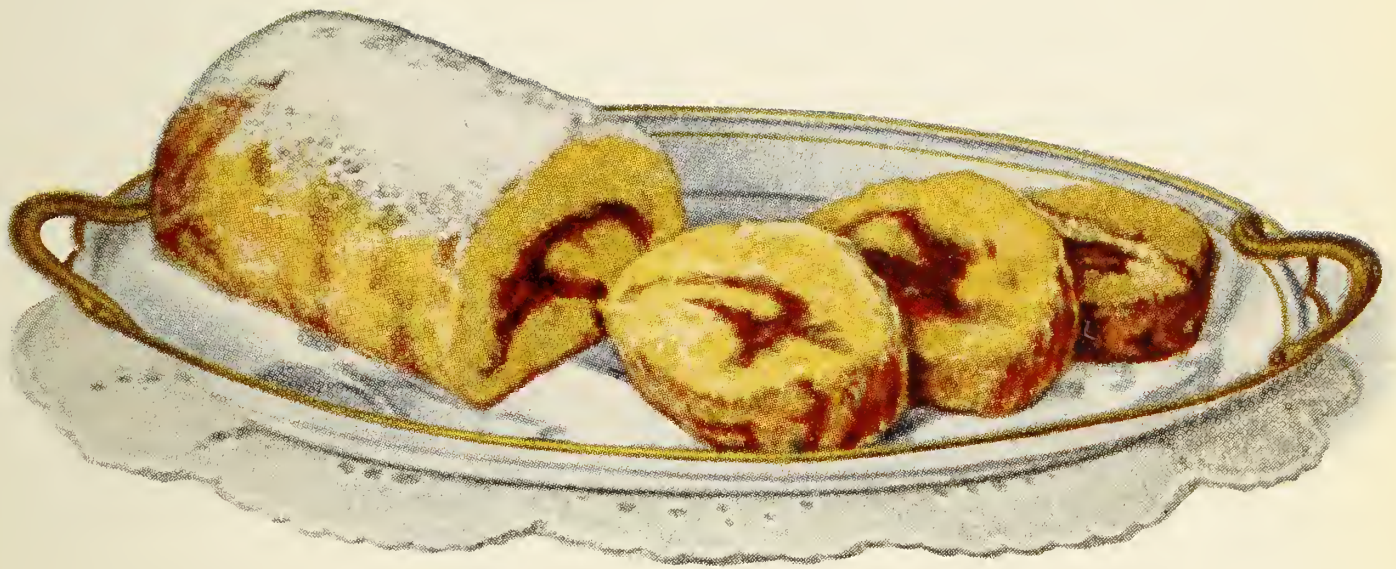
Put  $\frac{7}{8}$  of a cupful of sugar, 3 tablespoonfuls of water, and 1 white of egg in a small double boiler over water at the boiling point. Cook while beating with a Dover egg beater exactly seven minutes. The water must boil continuously for the seven minutes. Flavor to taste and spread over the gingerbread. This frosting is always a success.

## LEMON NUT CAKE

$\frac{1}{2}$ cupful Crisco	3 cupfuls wheat flour
$1\frac{1}{2}$ cupfuls sugar	3 teaspoonfuls baking powder
4 egg yolks, beaten light	$\frac{1}{2}$ teaspoonful salt
1 cupful water	4 egg whites
	$\frac{1}{2}$ teaspoonful lemon extract

Mix in the usual manner. Bake in a large shallow pan about 30 minutes. When the batter is in the pan, sprinkle over the top half a cupful of chopped nuts and three tablespoonfuls of granulated sugar; one teaspoonful of cinnamon may be added with the sugar if desired. To serve, cut in cubes.





## JELLY ROLL

2 eggs, beaten light  
1 cupful granulated sugar  
grated rind 1 lemon  
 $\frac{1}{3}$  cupful hot water  
1 tablespoonful Crisco

1 cupful wheat flour  
 $1\frac{1}{2}$  teaspoonfuls baking powder  
 $\frac{1}{4}$  teaspoonful salt  
currant jelly  
confectioner's sugar

Gradually beat the sugar into the eggs, add the grated rind, the Crisco melted in the hot water, and the flour sifted with the baking powder and salt. Beat all together thoroughly and turn into a shallow pan lined with a well-Criscoed paper. Bake about 18 minutes, turn at once onto a clean cloth, trim off the crisp edges on the four sides, spread with jelly and roll over and over, keeping the cloth between the fingers and the cake. Roll the roll of cake in the cloth. When ready to serve, sift confectioner's sugar over the top of the cake.

## FRUIT COCOA CAKES

$\frac{1}{2}$  cupful Crisco  
1 cupful sifted brown sugar  
 $\frac{1}{4}$  cupful cocoa  
1 cupful dried fruit  
3 eggs, beaten light  
 $\frac{1}{2}$  cupful water  
1 cupful wheat flour

5 level tablespoonfuls barley flour, or  
3 tablespoonfuls rice or corn flour  
1 teaspoonful cinnamon  
 $\frac{1}{4}$  teaspoonful clove  
 $\frac{1}{2}$  teaspoonful salt  
3 teaspoonfuls baking powder

Beat the Crisco to a cream; gradually beat in the cocoa, then the fruit. Use currants, raisins or citron, or a mixture of them. Raisins should be seeded, and if large, cut in two or three pieces, each. Add the beaten eggs, and, alternately, the water and dry ingredients (sifted together). Bake in one dozen small tins. Cover with frosting made of maple syrup or brown sugar.

## CHOCOLATE ALMOND FILLING

2 squares chocolate  
 $\frac{1}{4}$  cupful almond paste  
1 cupful milk  
 $\frac{1}{4}$  cupful sugar  
2 egg yolks, beaten light

Heat the chocolate, almond paste, and milk in a double boiler; gradually beat the sugar into the beaten yolks; stir the sugar and yolks in the hot mixture until the whole is smooth and thickened; remove from the fire and beat until cold.

## FRANGIPANE CREAM

1 cupful scalded milk  
 $\frac{2}{3}$  cupful granulated sugar  
 $\frac{1}{3}$  cupful flour  
 $\frac{1}{4}$  teaspoonful salt  
3 egg yolks, beaten light  
1 tablespoonful butter  
3 tablespoonfuls crushed macaroons  
1 tablespoonful maraschino cherries, chopped  
 $\frac{3}{4}$  teaspoonful vanilla extract  
 $\frac{1}{4}$  teaspoonful lemon or orange extract

Mix and sift the sugar, flour, and salt together; stir and cook in the hot milk until smooth and thick. Cover and let cook 20 minutes, stirring occasionally; beat in the yolks, first diluting them with a *little* of the hot mixture; let cook two or three minutes; add the butter, macaroons, and cherries, and, when cooled somewhat, the extract.

## STRAWBERRY AND CREAM FILLING FOR SPONGE LAYER CAKE

1 cupful heavy cream  
 $\frac{3}{4}$  cupful strawberry preserves  
juice  $\frac{1}{2}$  lemon

Beat the cream and lemon juice till firm; fold in the strawberry preserves.

## STRAWBERRY AND CREAM FILLING NO. 2

1 cupful heavy cream  
 $\frac{1}{3}$  cupful sugar  
1 egg white, beaten light  
 $\frac{3}{4}$  cupful strawberries  
 $\frac{1}{2}$  teaspoonful vanilla or orange extract

Beat the cream firm; beat in the sugar; fold in the egg white, the strawberries, crushed, and the flavoring.



## FRENCH CRULLERS NO. 1

$\frac{1}{4}$ cupful Crisco	$1\frac{1}{4}$ cupfuls wheat flour
$\frac{1}{2}$ cupful and 2 tablespoonfuls water	4 eggs
$\frac{1}{4}$ teaspoonful salt	

(For directions as to mixing and frying see below)

## FRENCH CRULLERS NO. 2

$\frac{1}{4}$ cupful Crisco	1 tablespoonful sugar
1 cupful boiling water	$1\frac{1}{2}$ cupfuls flour
$\frac{1}{2}$ teaspoonful salt	3 eggs

Melt the Crisco in the water; add the salt, and, when the liquid boils, stir in the flour and continue to cook and stir until the mixture forms a smooth, thick paste; turn into a bowl and beat in the eggs, one at a time, beating in each egg very thoroughly. Drop by the teaspoonful into hot Crisco and fry as any doughnuts. Drain on soft paper and sprinkle with powdered sugar.

## EASY CAKE

2 whole eggs	$2\frac{1}{2}$ teaspoonfuls baking powder
2 extra egg yolks	$\frac{1}{2}$ teaspoonful salt
$\frac{7}{8}$ cupful sugar	$\frac{1}{2}$ cupful milk
2 cupfuls wheat flour	$\frac{1}{3}$ cupful melted Crisco
	$\frac{1}{2}$ teaspoonful lemon extract

Beat the eggs all together until very light, and gradually beat in the sugar. Mix and sift together the flour, baking powder, and salt; add to the first mixture, alternately, with the milk, then add the Crisco and extract. Bake in a shallow pan. Cover with

## CORN OR SUGAR SYRUP ICING

1 tablespoonful corn or sugar syrup	sifted confectioner's sugar
4 tablespoonfuls boiling water	$\frac{1}{2}$ teaspoonful vanilla extract

Add the boiling water to the syrup and beat in the sugar one-fourth a cupful at a time, beating hard between each addition; the frosting should be thickened by beating as well as by the sugar.

## CHOCOLATE BROWNIES

$\frac{1}{2}$ cupful Crisco	1 cupful wheat flour
$\frac{7}{8}$ cupful granulated sugar	$\frac{1}{4}$ teaspoonful cinnamon
2 squares melted chocolate	$\frac{1}{4}$ teaspoonful almond extract
2 eggs, beaten light	1 teaspoonful vanilla extract
$\frac{1}{2}$ teaspoonful salt	1 cupful blanched almonds

Cream the Crisco and gradually beat in the sugar; beat in the chocolate, eggs, and salt; mix and sift together the flour and cinnamon and add to the first mixture with the extract. Have ready the almonds cut in pieces and browned in the oven; beat them into the mixture. Drop on buttered sheets with a teaspoon. Bake about ten minutes.



## ATLANTICS

1 egg yolk  
 $\frac{1}{2}$  cupful Crisco, melted  
 $\frac{1}{2}$  cupful molasses  
 $\frac{1}{2}$  cupful boiling water

1 teaspoonful soda  
1 tablespoonful ginger  
 $\frac{1}{2}$  teaspoonful salt  
 $2\frac{1}{2}$  cupfuls sifted wheat flour (about)

## FROSTING

$\frac{7}{8}$  cupful sugar  
4 tablespoonfuls boiling water  
1 egg white

12 fresh marshmallows  
1 teaspoonful vanilla  
cocoanut if desired

Beat the egg yolk and add it to the Crisco, molasses, and water; sift the soda, ginger, salt, and flour into the first ingredients, and mix thoroughly; let chill in the refrigerator, then roll into a sheet and cut into rounds. Bake in a moderate oven. More flour may be needed. The cakes should not spread in cooking but should be as soft as possible. For the frosting put the sugar, water, and egg white in a double boiler over rapidly boiling water; cook and beat with a Dover egg beater seven minutes; add the marshmallows and vanilla; beat till smooth and nearly cold.



## COFFEE ÉCLAIRS

Make the éclairs by the recipe given on page 56. When baked, cut open on one side and insert in each a generous teaspoonful of coffee filling. Spread the smooth side with frosting made by stirring sifted confectioner's sugar into one-fourth a cupful of black coffee.

### COFFEE FILLING FOR ÉCLAIRS

1½ cupfuls black coffee	½ cupful sugar
½ cupful cream	¼ teaspoonful salt
¼ cupful cornstarch	2 egg yolks
¼ cupful sugar	

Scald the coffee and cream; mix and sift together the cornstarch, sugar, and salt, and stir into the hot coffee. Continue to stir until the mixture thickens; cover and let cook 15 minutes, stirring occasionally; beat the yolks, add the sugar and beat again, then stir and cook in the hot mixture three or four minutes, or until the egg is cooked. Use when cold.

## PEACH SURPRISE

5 egg yolks	5 egg whites
1 cupful sugar	1 cupful wheat flour, or
2 tablespoonfuls lemon juice	½ cupful potato flour
grated rind ½ lemon	10 to 12 peaches
¼ teaspoonful salt	1 cupful confectioner's sugar

Beat the yolks till thick; gradually beat in the sugar, the lemon juice, rind, and salt; fold in half the whites, beaten very light, half of the flour, the rest of the whites, and flour. Bake in an ungreased pan about 50 minutes in a very moderate oven, increasing the heat slightly at the last of the baking. Cut out the center of the cake to make a hollow case; pare and slice the peaches, mix with the sugar, and use to fill the case. Trim the piece taken out to make a thin sheet and set this above the peaches. Serve with thin cream.

## FIG LAYER CAKE

½ cupful Crisco	½ teaspoonful salt
⅞ cupful sugar	4 egg whites, beaten light
4 egg yolks, well beaten	
½ cupful milk	¼ teaspoonful almond extract
2 cupfuls wheat flour	½ teaspoonful vanilla extract
2 teaspoonfuls baking powder	½ pound figs

Cream the Crisco; beat in the sugar and egg yolks; then add, alternately, the milk and flour sifted with the baking powder and salt; lastly, fold in the flavoring and egg whites. Bake in layer-cake pans. Cook the figs in boiling water until the skins are tender and the liquid is evaporated. Chop fine and let cook a moment with two tablespoonfuls sugar. Use between the layers. Fruit jelly makes a good filling for the layers.



## BOSTON CREAM PIE

$\frac{1}{4}$ cupful Crisco	2 cupfuls wheat flour
1 egg yolk	3 teaspoonfuls baking powder
1 cupful granulated sugar (scant)	$\frac{1}{2}$ teaspoonful salt
1 cupful sweet milk	1 egg white, beaten light

Cream the Crisco; beat the egg yolk very light, beat half of the sugar into each, then beat the two together; add the milk, alternately, with the flour sifted with the salt and baking powder and, lastly, add the egg white. Bake in two layers; put together with chocolate cream filling and sift powdered sugar over the top.

## CHOCOLATE FILLING

$\frac{1}{2}$ cupful flour, or	$\frac{1}{3}$ cupful sugar
$\frac{1}{4}$ cupful cornstarch	1 egg and 1 yolk
$\frac{1}{2}$ cupful cold milk	$\frac{1}{4}$ teaspoonful salt
1 cupful scalded milk	$\frac{1}{4}$ cupful sugar
2 ounces chocolate	$\frac{1}{2}$ teaspoonful vanilla

Stir the flour and cold milk to a smooth paste, then stir and cook in the hot milk until smooth and thick. Melt the chocolate over hot water; add the sugar and a little of the hot mixture; stir until smooth, then beat into the rest of the hot mixture. Cover and let cook ten minutes. Beat the egg and yolk; add the salt and sugar and stir into the hot mixture; let cook until the egg is "set;" let cool a little, add the vanilla, and use.



## COFFEE FILLING

1 cupful strong black coffee	4 tablespoonfuls flour
2 tablespoonfuls thick cream	2 egg yolks, beaten light
$\frac{1}{2}$ cupful granulated sugar	2 tablespoonfuls sugar
2 tablespoonfuls cornstarch, or	$\frac{1}{4}$ teaspoonful salt

Scald the coffee in a double boiler; add the cream and stir in the sugar, mixed and sifted with the cornstarch or flour; continue to stir until the mixture thickens, then cover and let cook, stirring occasionally, 15 minutes. Mix the two tablespoonfuls of sugar and the salt with the beaten yolks and beat into the hot mixture; let cook about two minutes or until the egg is "set."

## CHOCOLATE FILLING

3 ounces, or squares, chocolate	1 egg yolk
$\frac{1}{2}$ cupful granulated sugar	3 tablespoonfuls sugar
3 tablespoonfuls milk	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ teaspoonful vanilla extract	

Heat the chocolate, sugar, and milk in a double boiler; beat the yolk, add the three tablespoonfuls of sugar and the salt, and beat again; mix and dilute with a little of the hot mixture; turn into the boiler and cook, stirring constantly, until the mixture is smooth and the egg is "set." Let cool a little; add the vanilla and use.

## HONEY CREAM FILLING

$\frac{1}{2}$ cupful honey	1 egg white
1 tablespoonful corn syrup (red label)	1 cupful thick cream
	$\frac{1}{2}$ teaspoonful lemon extract

Put the honey, corn syrup, and egg white into a small double boiler; have the water below boiling rapidly; cook and beat with a Dover egg beater seven minutes; beat occasionally until cold; fold in the cream, beaten firm, and the extract.

## WHIPPED CREAM AND PRUNE FILLING

1 cupful heavy cream	$\frac{1}{4}$ pound cooked prunes
4 tablespoonfuls prune syrup	10 marshmallows
3 tablespoonfuls granulated sugar	$\frac{1}{2}$ teaspoonful orange extract

The prune syrup should be quite thick; add it to the cream, with the sugar, and beat until firm; cut the prunes and marshmallows in small pieces and gently fold into the cream with the extract.

## ORANGE FILLING

2 tablespoonfuls butter	juice and grated rind 1 orange
2 tablespoonfuls flour	1 cupful sugar
2 egg yolks, beaten light	

Cream the butter and into it cream the flour. Heat the juice and grated rind of the orange and the sugar in a double boiler; stir and cook the butter and flour in the liquid until it thickens; cover and let cook, stirring occasionally, 15 minutes; beat in the egg yolks.

## LEMON CREAM CAKES

$\frac{1}{2}$ cupful Crisco	2 tablespoonfuls lemon juice
$\frac{1}{2}$ lemon, grated rind	$1\frac{1}{4}$ cupfuls wheat flour
$\frac{7}{8}$ cupful granulated sugar	$\frac{1}{4}$ teaspoonful soda
4 egg yolks	$\frac{1}{2}$ teaspoonful salt
4 egg whites, beaten light	

Cream the Crisco with the grated lemon rind; gradually beat in the sugar, the yolks, beaten light, and the lemon juice; beat in the flour, sifted with the soda and salt; beat in the egg whites. Bake in cup-cake tins about 25 minutes; 15 tins will be needed. For a change, before baking, set a piece of orange rind, from the marmalade jar, on the top of the dough in each tin; sprinkle with granulated sugar.

## CHOCOLATE CAKE

2 squares chocolate	3 tablespoonfuls melted Crisco
2 egg yolks	$\frac{1}{2}$ cupful milk
$\frac{1}{2}$ cupful milk	$1\frac{2}{3}$ cupfuls flour
1 cupful sugar	$\frac{1}{3}$ teaspoonful salt
1 teaspoonful soda	

Melt the chocolate in a double boiler; add the yolks and milk, and stir and cook until smooth. Remove from the fire and add the other ingredients; beat until smooth. Bake in two layers. Put the layers together and cover the top with a boiled frosting flavored with vanilla.

## CHOCOLATE CAKE

$\frac{1}{4}$ cupful Crisco	2 squares chocolate, melted
$\frac{1}{4}$ teaspoonful salt	2 cupfuls wheat flour
$\frac{3}{4}$ cupful brown sugar	4 teaspoonfuls baking powder
2 egg yolks, beaten light	$\frac{1}{2}$ cupful milk
2 egg whites, beaten very light	

Mix in the usual manner, in the order enumerated. Bake in a shallow pan.

## CREAM CAKES, SURPRISE

Bake the recipe for sponge jelly roll in small, round, deep tins (cup or queen cake tins). Cut out a piece from the top of each cake to leave an edge all around the top of the cake of one-third an inch; remove the center of each cake to form a cup. In the bottom of the cup set a spoonful of fruit jelly or strawberry preserves. Above this set whipped cream; trim the piece of cake taken out to make a cover one-fourth an inch thick; set in place and chill before serving.

## STRAWBERRY SHORTCAKE NO. 2

Bake cake made by the recipe for jelly roll (page 81) in two small layer-cake pans. Hull, wash, drain and cut in halves one basket of strawberries; mix them with one cupful of sugar and let stand while the cake is baking. Use between and above the layers.



## CROQUINS (rice flour, almond paste)

3 tablespoonfuls Crisco	$\frac{1}{4}$ cupful chopped almonds
$\frac{1}{4}$ cupful sugar	$\frac{1}{2}$ cupful wheat flour
$\frac{1}{2}$ cupful grated almond paste	3 tablespoonfuls rice flour
4 egg yolks, beaten light	$\frac{1}{8}$ teaspoonful soda
1 tablespoonful sweet milk	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco; beat in the sugar, almond paste, egg yolks, milk, and almonds. Sift the other ingredients together and stir into the first mixture. Set aside in a cool place two or three hours. Using as little flour as possible, roll into a sheet one-third an inch thick. Cut into rounds or squares. Brush over with egg white, slightly beaten; sprinkle with sugar and chopped almonds. Bake in a moderate oven to a straw color.

## CRISCO MACAROONS

2 egg yolks, hard-cooked	$\frac{1}{4}$ teaspoonful cinnamon
$\frac{1}{2}$ cupful Crisco	$1\frac{2}{3}$ cupfuls wheat flour
$\frac{1}{2}$ teaspoonful salt	
$\frac{1}{2}$ cupful sugar	1 egg white
$\frac{1}{4}$ cupful blanched almonds	1 tablespoonful granulated sugar
grated rind 1 lemon	

Drop the egg yolks into boiling water and keep the water hot, but not boiling, till the yolks are firm throughout. Cream the Crisco; add the yolks, pressed through a sieve, and beat in thoroughly; gradually beat in the sugar, the almonds, and the spices mixed and sifted with the flour. Break the dough into pieces the size of a hickory nut, roll into balls in the hands, and press on a Criscoed baking pan into flat rounds the size and shape of a macaroon. Brush over with slightly-beaten egg whites, dredge with sugar, and bake to an amber shade. This will make thirty macaroons.

## APPLE CAKE

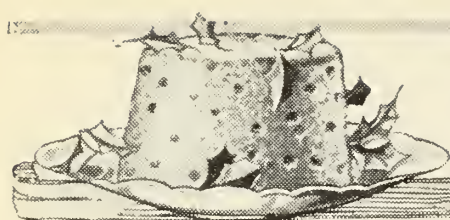
$\frac{1}{3}$ cupful Crisco	$\frac{1}{2}$ cupful milk
$\frac{3}{4}$ cupful sugar	1 cupful pastry flour
grated rind 1 lemon	$\frac{3}{4}$ cupful white corn flour
2 eggs, beaten light	3 teaspoonfuls baking powder
	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco, beat in the sugar and grated rind, the eggs, and, alternately, the milk and the flour sifted with the baking powder and salt. Bake in layer pans. Put the layers together with apple filling and sift confectioner's sugar on top, very lightly.

## APPLE FILLING

1 large apple, grated	1 egg, beaten light
juice 1 lemon	1 tablespoonful Crisco
$\frac{3}{4}$ cupful sugar	$\frac{1}{4}$ teaspoonful salt

Heat the apple, lemon juice and part of the sugar in a double boiler; add the rest of the sugar to the egg and stir into the hot mixture; continue to stir until the mixture thickens, then beat in the Crisco and salt; let chill a little and it is ready to use.



# PUDDINGS

## BLUEBERRY PUDDING

Line a pudding dish with slices of stale bread spread lightly with Crisco, and sprinkled with a few grains of salt; fill the dish with blueberries mixed with a little sugar. Cover the berries with slices of bread spread on both sides with Crisco, and sprinkled with salt. Cover the dish, set it in pan of hot water, and let bake about an hour in a moderate oven. Remove the cover to brown the pudding. Serve hot, with hard sauce or sugar and rich milk.

## OATMEAL CRACKER PUDDING

4 oatmeal crackers  
2 tablespoonfuls Crisco  
 $\frac{1}{2}$  teaspoonful salt

2 egg yolks  
3 tablespoonfuls sugar  
2 cupfuls milk

### MERINGUE

2 egg whites

4 tablespoonfuls sugar, honey or maple syrup

Crush the crackers fine; add the other ingredients and bake in a Criscoed dish until firm in the center (about 30 minutes). Spread a little fruit jelly over the top of the pudding. Beat the whites very light; gradually beat in the sugar and spread over the jelly. Let cook in a very moderate oven about 12 minutes. The meringue should not brown till the last of the cooking, and then very delicately.

## POOR MAN'S RICE PUDDING

$\frac{1}{3}$  cupful rice  
 $\frac{1}{3}$  cupful sugar  
1 tablespoonful Crisco

$\frac{1}{2}$  teaspoonful salt  
1 quart milk  
1 cupful raisins  
 $\frac{1}{2}$  teaspoonful grated nutmeg

Blanch or wash the rice; mix with the other ingredients except the nutmeg. Let bake in a *very moderate* oven an hour and a half or longer. Stir each ten minutes during the first hour of cooking. Add more milk as needed. The pudding is just right when each grain of rice is tender, but not broken, and is surrounded with creamy milk thickened by slow cooking. Grate the nutmeg over the top on removing the pudding from the oven. Best when halfway cold. By using more Crisco, the pudding is good if made of skimmed milk.

## OATMEAL DATE PUDDING

$2\frac{1}{2}$  cupfuls boiling water  
1 tablespoonful Crisco  
 $\frac{1}{2}$  teaspoonful salt

1 cupful rolled oats  
 $\frac{1}{2}$  cupful sugar or maple syrup  
1 cupful dates, cut in small pieces

1 egg, beaten light

Have the water boiling rapidly directly over the fire; stir in the Crisco, salt, and oats, and continue to stir while cooking, rapidly, five minutes. Cook over boiling water one hour; add the syrup, dates, and beaten egg. Bake in a Criscoed baking dish, in a moderate oven, about thirty minutes.





## SAVARIN

1 cake compressed yeast  
 $\frac{1}{4}$  cupful lukewarm water  
2 cupfuls wheat flour  
 $\frac{1}{2}$  teaspoonful salt  
1 tablespoonful sugar  
 $\frac{1}{2}$  cupful and 2 tablespoonfuls  
Crisco

4 eggs  
1 dozen blanched almonds

### APRICOT SAUCE

$\frac{3}{4}$  can apricots  
 $1\frac{1}{2}$  cupfuls sugar

Crumble the yeast cake into the water and stir in enough of the flour to make a dough; knead the little ball of dough until smooth and elastic; cut half through the ball of dough in both directions and drop it into a bowl of lukewarm water; set the bowl in a warm place that the yeast may work. Put the salt, sugar, Crisco, and two of the eggs into the rest of the flour and beat with the hand until smooth, then add the other two eggs, one at a time; beat in the first egg thoroughly before the last one is added. By this time the ball of dough should be floating on the water, light and porous as a "sponge;" with a skimmer (to take no water) lift the sponge to the Crisco-egg mixture and again beat until very smooth. Have ready a "Turk's head" mold, holding one quart, rubbed over with Crisco and the Crisco sprinkled with the almonds, chopped fine; turn in the mixture, let stand in a warm place until the mold is filled to nearly half an inch of the top. Bake about half an hour. Have ready the apricots pressed through a sieve (use apricots and syrup); add the sugar and let boil about six minutes. Turn the hot Savarin upon a serving dish and over it pour the hot sauce; baste the cake with the sauce until the sauce is largely absorbed, then serve as a dessert dish. It may be eaten cold but is better hot. In the country where this dessert originated, rye flour was always used, and the wheat flour may be replaced by the same measure of rye.

## STEAMED CHOCOLATE PUDDING

$\frac{1}{2}$ cupful Crisco	$\frac{2}{3}$ cupful soft, sifted bread crumbs
$\frac{2}{3}$ cupful sugar	$\frac{2}{3}$ cupful wheat flour
3 ounces melted chocolate	$\frac{1}{2}$ teaspoonful salt
1 cupful chopped raisins	2 teaspoonfuls baking powder
2 eggs, beaten light	$\frac{2}{3}$ cupful milk

Cream the Crisco; beat in the sugar, melted chocolate, raisins, eggs, and crumbs; add the flour, sifted with the salt and baking powder, alternately, with the milk. Turn into a well-Criscoed mold, steam two hours. Serve with

### CRISCO HARD SAUCE

$\frac{1}{2}$ cupful Crisco	1 teaspoonful vanilla, or
$1\frac{1}{3}$ cupfuls confectioner's sugar	$\frac{1}{2}$ teaspoonful grated nutmeg, or
$\frac{1}{2}$ teaspoonful salt	both

Cream the Crisco and gradually beat in the other ingredients.

## CHOCOLATE COTTAGE PUDDING

$\frac{1}{4}$ cupful Crisco	$\frac{3}{8}$ cupful milk
$\frac{1}{2}$ cupful sugar	$1\frac{1}{2}$ cupfuls flour
2 ounces melted chocolate	$2\frac{1}{2}$ teaspoonfuls baking powder
1 egg, beaten light	$\frac{1}{2}$ teaspoonful salt

Cream the butter; gradually beat in the sugar, chocolate, and egg; add the milk, alternately, with the dry ingredients sifted together. Bake in a muffin pan or in a shallow biscuit pan. Serve with

### CHOCOLATE SAUCE

$\frac{3}{4}$ cupful sugar	1 cupful boiling water
2 teaspoonfuls cornstarch	$\frac{1}{4}$ cupful cocoa
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful vanilla

Sift the sugar, cornstarch, and salt into a saucepan; add the boiling water and stir until the whole is boiling; let boil ten minutes; add the cocoa; let boil one minute, then cool a little; add the vanilla and it is ready to use.

## DRIED-APPLE OR PEACH COBBLER

$1\frac{1}{2}$ cupfuls dried apples or peaches	$\frac{1}{2}$ cupful sugar
	1 teaspoonful cinnamon or nutmeg

Remove imperfections and parts of core, if present, from each slice of apple. Wash carefully, drain, cover with cold water, and let soak overnight. Cook in the same water until the fruit is tender and the water is evaporated. Turn the apple into a baking dish; sprinkle on the sugar and spice; cover with a crust made as follows. Bake until well browned. Serve hot with sugar and milk.

### CRUST FOR DRIED-FRUIT COBBLER

$1\frac{1}{4}$ cupfuls wheat flour	$2\frac{1}{2}$ teaspoonfuls baking powder
$\frac{1}{3}$ teaspoonful salt	2 tablespoonfuls Crisco
$\frac{1}{2}$ cupful milk or water	

Mix and sift flour with salt and baking powder; cut in the Crisco, mix with a knife to a soft dough; spread with spoon or knife over the fruit.



## CORN MEAL SOUFFLÉ

1 cupful thin corn meal mush  
 $\frac{1}{4}$  teaspoonful salt  
2 tablespoonfuls Crisco

4 egg yolks, well beaten  
 $\frac{1}{4}$  cupful sugar  
4 egg whites, beaten very light

The mush should be thoroughly cooked; add the salt, Crisco, and yolks, beaten again with the sugar, and fold in the whites. Bake in a Criscoed baking dish set in a pan of boiling water about 25 minutes. Serve hot with

### CREAMY SAUCE

1 cupful sugar  
 $\frac{1}{2}$  cupful water

1 egg white, beaten light  
1 cupful thin cream, scalded  
 $\frac{1}{2}$  teaspoonful vanilla extract

Cook the sugar and water to the thread stage; pour on the egg white, beating meanwhile; beat in the cream and vanilla. Serve hot.

## MOCK INDIAN PUDDING

Spread any variety of bread, cut in slices, with Crisco, and sprinkle on a little salt; pile the slices together and cut the whole into half-inch cubes. There should be two cupfuls (heaped) of cubes. Put the prepared bread in a baking dish; pour over it one quart of milk mixed with one cupful of molasses, a tablespoonful of ginger, and half a teaspoonful of salt. Mix thoroughly. Bake two or three hours in a very slow oven. The pudding should whey, or present a liquid in the bottom of the dish. Serve with milk and sugar.

## BAKED INDIAN PUDDING

2 cupfuls milk, scalded  
4 tablespoonfuls corn meal  
1 cupful cold water  
1 cupful molasses  
2 eggs

2 tablespoonfuls Crisco  
 $\frac{1}{2}$  teaspoonful salt  
1 teaspoonful cinnamon  
1 teaspoonful ginger  
 $\frac{1}{2}$  cupful cold milk

Sift the corn meal, mixed with the cold water, into the hot milk and continue to stir until the mixture thickens; add all the other ingredients except the cold milk, mix thoroughly and turn into a Criscoed baking dish. Bake half an hour; turn on the cold milk and let bake without stirring two hours. The oven should be very moderate. Good with ice cream, hard sauce, sugar, and milk.

## STEAMED BLUEBERRY PUDDING

$\frac{1}{3}$  cupful Crisco  
 $\frac{1}{2}$  cupful sugar  
2 egg yolks  
 $2\frac{1}{2}$  cupfuls wheat flour

5 teaspoonfuls baking powder  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  cupful milk  
2 egg whites

1 cupful blueberries

Cream the Crisco; beat in the sugar and yolks; add the flour with the baking powder and salt, alternately, with the milk; beat in the whites and berries. Steam in a Criscoed mold one hour and a half. Serve hot with blueberries stewed with a little sugar.

## CORN CAKE PUDDING

1 cupful corn cake crumbs	$\frac{1}{4}$ teaspoonful cinnamon
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful molasses
$\frac{1}{2}$ teaspoonful ginger	1 egg, beaten light
2 cupfuls sweet milk	

Mix all the ingredients (the crumbs should be fine). Let bake in a very moderate oven until firm in the center. Serve, cooled slightly, with hard sauce, or cream from the top of the milk bottle, and sugar.

## PLUM PUDDING CROQUETTES

2 cupfuls milk	1 egg
$\frac{1}{3}$ cupful citron, cut fine	1 egg yolk
$\frac{1}{3}$ cupful seeded raisins	2 tablespoonfuls sugar
$\frac{1}{4}$ cupful currants	$\frac{1}{4}$ teaspoonful mace
2 tablespoonfuls orange rind from marmalade jar	1 teaspoonful vanilla
$1\frac{1}{2}$ cupfuls soft bread crumbs	1 egg
2 tablespoonfuls cornstarch	4 tablespoonfuls milk
2 tablespoonfuls sugar	fine soft crumbs
$\frac{1}{4}$ teaspoonful salt	

Put the milk, citron, raisins, currants and orange rind in a double boiler over the fire, and let cook about ten minutes; add the crumbs and stir in the cornstarch mixed and sifted with the sugar and salt; continue to cook, and stir until the mixture thickens, then cover and let cook 20 minutes; add the eggs, beaten and mixed with the sugar and mace, and let cook until the egg is "set;" add the vanilla and turn on a Criscoed plate. When cool, shape into croquettes. Roll in fine crumbs, then cover with the egg beaten and mixed with the milk, and again roll in crumbs; fry in Crisco; drain on soft paper. Serve hot with any pudding sauce.

## RICE CAKES

Blanch or wash three-fourths a cupful of rice; return to the fire with about three cupfuls of skimmed milk and three-fourths a teaspoonful of salt; let cook until the rice is tender and the milk is absorbed. When cooled a little, shape with the hands wet in cold water into flat, round cakes; pat in flour and saute in a little hot Crisco until well colored on one side; turn to brown the other side. Serve with a spoonful of jam or marmalade on the top of each cake. Maple syrup, honey, or sugar may replace the preserve.

## ENGLISH PUDDING

$\frac{1}{4}$ cupful Crisco	2 cupfuls wheat flour
$\frac{1}{2}$ cupful stoned raisins cut in halves	$\frac{1}{2}$ teaspoonful soda
$\frac{1}{2}$ cupful molasses	$\frac{1}{4}$ teaspoonful cloves
$\frac{1}{2}$ cupful milk	$\frac{1}{2}$ teaspoonful mace
	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco; beat in the raisins and molasses; add the milk, alternately, with the flour sifted with the soda, spices, and salt; steam in a Criscoed mold about three hours. Serve hot with hard sauce.





# SALADS

## CRAB MEAT SALAD

To the recipe for cooked salad dressing, add a little more mustard and paprika. Set the crab meat on a bed of crisp lettuce hearts, and serve the dressing in a separate bowl.

## TOMATOES STUFFED WITH CABBAGE AND PEPPERS

Remove the skin from choice ripe tomatoes, cut out a piece around the stem end and remove the seeds; turn upside down and let chill. Cut a new cabbage in very fine shreds. Also shred a green or red sweet pepper. Chill each separately in ice water. Dry on a cloth and mix with either Crisco mayonnaise or cooked dressing. Use enough dressing to hold the shreds together in a creamy state. Season the inside of the tomatoes with salt and pepper and fill with the mixture. Serve on a bed of garden cress.

## STUFFED CUCUMBER SALAD

- |                           |   |
|---------------------------|---|
| 2 cucumbers               | 1 branch parsley  |
| 1 tomato                  | 2 olives  |
| $\frac{1}{2}$ slice onion | $\frac{1}{2}$ cup (about) mayonnaise dressing with Crisco |
| 1 stalk (white) celery    |   |

Cut the ends from the cucumbers, pare them, cut them in halves lengthwise, and remove the seeds. Set them aside in ice-water an hour or longer. Chop the solid part of the tomato, the onion, celery, parsley, and olives; mix with the dressing, and use to fill the cucumbers. Serve the cucumbers on a bed of garden or water cress.

## MAYONNAISE DRESSING WITH CRISCO

- |                           |  |
|---------------------------|--|
| 1 cupful Crisco, unmelted | 1 teaspoonful salt                     |
| 2 egg yolks, beaten light | $\frac{1}{4}$ teaspoonful paprika      |
| 1 teaspoonful mustard     | $\frac{1}{4}$ teaspoonful black pepper |
| 4 tablespoonfuls vinegar  |  |

Beat the Crisco to a cream, very gradually beat in the yolks, then the seasonings and, lastly, drop by drop, the vinegar.

## CAULIFLOWER SALAD

- |                                 |   |
|---------------------------------|---|
| 1 small head cooked cauliflower | $\frac{1}{4}$ cupful cream, beaten firm |
| 1 head lettuce                  | $\frac{1}{2}$ teaspoonful curry powder  |
| 1 cupful cooked salad dressing  | $\frac{1}{4}$ teaspoonful mustard       |

Separate the cooked cauliflower into flowerets and trim the stems neatly. When making the dressing add the curry powder and a little more mustard than is given in the recipe for the dressing. When the dressing is cold, fold in the cream and pour over the cauliflower set in the heart leaves of the lettuce.

## SPINACH SALAD

Cold cooked spinach for eight small molds	2 tablespoonfuls chopped gherkins
1 cupful Crisco mayonnaise	1 tablespoonful chopped parsley
2 tablespoonfuls chopped olives	1 teaspoonful scraped onion pulp
	1 tablespoonful chopped capers

The quantity of spinach needed will vary with the condition of the spinach. Cook with as little water as possible, drain and chop exceedingly fine. Season with salt and pepper. Rub the inside of the molds with Crisco, and into them press the spinach. Let stand to chill and become firm. Unmold on lettuce leaves, either with or without a slice of cold boiled tongue. The olives, gherkins, parsley, and capers should be chopped exceedingly fine. Mix these with the onion through the dressing. Set a generous teaspoonful of dressing above or around the spinach. Young beet greens may be prepared in the same way.

## CHICKEN, RICE, AND CELERY SALAD

2 cupfuls cubes of chicken	salt and paprika if needed
1 cupful cold boiled rice (grains distinct)	1 bunch cress, or } if convenient
1 cupful sliced celery (crisp heart stalks)	1 head lettuce }
	1½ cupfuls Crisco mayonnaise (less, without cress or lettuce)

Mix the chicken, rice, and celery, add salt and pepper if the articles were not seasoned during cooking. Mix with enough dressing to hold the ingredients together loosely. Less chicken may be used. Shrimps may be used in place of chicken.

## EGG SALAD, CRISCO MAYONNAISE

1 head lettuce	4 to 6 hard-cooked eggs
about ¾ cupful mayonnaise made with Crisco	

Wash the lettuce leaves under the cold water faucet, let drain, set aside in a covered dish to chill and crisp. Cover the eggs with boiling water, let stand, covered, on the back of the range, *without boiling*, 20 minutes. Draw to a hotter place and quickly heat to the boiling point. Let boil one minute, remove at once from the water, rinse in cold water and chill. Cut the eggs in even slices. Dispose on the lettuce, carefully dried; pour the dressing over the whole and serve at once.

## COOKED SALAD DRESSING

3 tablespoonfuls Crisco	½ teaspoonful salt
2 tablespoonfuls flour	1 cupful cold water
¼ teaspoonful mustard	2 egg yolks, beaten light
⅓ teaspoonful paprika	1 tablespoonful vinegar
1 tablespoonful lemon juice	

Melt the Crisco; add the flour and seasonings and cook until frothy; add the water and stir constantly until boiling; beat the vinegar and lemon juice into the yolks, then stir into the hot mixture, and continue to stir and cook without boiling until the egg is "set." Use when cold either with or without the addition of one-fourth a cupful of thick cream beaten very light. The cream is an improvement.



## VEGETABLE MACEDOINE SALAD

1 cupful string beans in half-inch slices	1 cupful kohlrabi in half-inch cubes, or
1 cupful peas	1 cauliflower separated into small bits
1 cupful carrots in half-inch cubes	

Season, separately or all together, with three or four tablespoonfuls of oil, one or two of vinegar, a teaspoonful of salt, and half a teaspoonful of paprika; let stand in a cool place an hour or longer; drain and shape in one mound or in separate mounds; set a spoonful of Crisco mayonnaise at the top of each single mound or a larger quantity at the top of the large mound.

## LOUIS SALAD

2 apples	crisp inner stalks of celery
½ lemon, juice	Crisco mayonnaise
canned or fresh pineapple	1 head lettuce

Pare and core the apples, cut in strips about an inch long and one-fourth an inch thick and wide, squeeze the lemon juice over the pieces of apple to keep them white; cut the pineapple and celery in similar shreds. Mix with enough Crisco mayonnaise (page 95) to hold the materials together. Serve in the heart leaves of the lettuce carefully washed and dried.

## NUT, GREEN-PEA-AND-POTATO SALAD

Use pecan nut meats; cut each nut at the grooves to make three lengthwise shreds. Cut the potatoes in half-inch cubes. Take equal measures of nuts, peas, and potatoes, mix with cooked salad dressing made with Crisco. With a tablespoon, take the salad in a round mass and set in heart leaves of lettuce (individual portions). Set half a pecan nut meat on the top of each portion.

## TOMATO SALAD

Peel the tomatoes; cut out the hard piece around the stem, and let chill. When ready to serve, cut in slices, and set them on heart leaves of lettuce, carefully washed and dried. Prepare mayonnaise dressing with Crisco (page 95) and beat into it two or three tablespoonfuls of grated horseradish, then fold in half a cupful of cream whipped very stiff. Serve a generous tablespoonful of dressing on each slice of tomato.

## TOMATO SALAD WITH ONION

Prepare and slice the tomato as before; scrape a tablespoonful of onion juice and pulp from an onion cut in halves crosswise, and beat it with a tablespoonful of fine-chopped parsley into a cupful of "Mayonnaise Dressing with Crisco" (page 95). Serve set above the slices of tomato.

## SALMON SALAD

1 head lettuce	1 cupful green peas
1 can salmon or 1 lb. fresh salmon	1 cupful Crisco-cooked or mayonnaise dressing

Separate the salmon into flakes, and set it carefully into nests of lettuce, on individual plates; put a tablespoonful of the cold peas above the fish and the dressing above the peas.



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